

# MOVNT-ORGVEIL:

*460. P. sheng*

OR

*As: Viller*

DIVINE AND PROFITABLE MEDITATIONS, RAISED FROM  
The Contemplation of these three Leaves of  
Natures Volume, 1. ROCKES, 2. SEAS, 3. GAR-  
DENS, digested into three distinct Poems.

To which is Prefixed, a Poeticall Descrip-  
tion, of *Mount-Orgueil Castle* in the  
*Isle of Jersey.*

BY WILLIAM PRYNNE, Late Exile, and  
Close Prisoner in the sayd Castle.

A Poem of *The Soules Complaint against the Body*; and  
*Comfortable Cordials* against the Discomforts of Impri-  
sonment, &c. are hereto annexed.

Psalme 19. 14.

Let the Words of my mouth, and the MEDITATION of my  
Heart, be acceptable in thy sight, O Lord my Strength, and my  
Redeemer.

Psalme 143. 5.

I remember the dayes of Old; I MEDITATE on all thy Workes;  
I muse on the Worke of thy hands.

LONDON,

Printed by *Tho. Cotes*, for *Michael Sparke Senior*;  
the blue Bible in *Greene Arbor* 1641

IR  
P956  
641








**L**oe here's the Authors Shadow, passe  
it by;  
These Lines his Substance, will in Part  
descry.

Gaze not upon his Shade unlesse to see,  
And learne thereby, that all Men Sha-  
dowes be.





TO  
THE CHRISTIAN  
READER,

 *Hut up Close-Prisner in Mount-Orgueil Pile,  
A lofty Castle, within Jerfie Ile,  
Remote from Friends, \* neere three yeares  
space, where I*

*Had Rockes, Seas, Gardens dayly in mine Eye,  
Which I oft viewed with no small delight,  
These pleasing Objects did at last inuie  
Me, to contemplate in more. ſolemne wiſe,  
What uſeſull Meditations might ariſe  
From each of them, my ſoule to warme, ſeaſt, cheare;  
And unto God, Chriſt, Heaven mount more neare.  
In which purſuite, I found ſuch inward Joyes,  
Such Cordiall Comforts, as did over-poſſe  
My heauieſt Croſſes, Loſſes, and ſupply  
The want of all, Foes did me then deny;  
Give me aſſurance of a ſweete Returne  
Both from my Exile, Priſon, and mine Urne:  
Revive my cold dead Muſe, and it inſpire  
Though not with brighteſt, yet with Sacred fire:  
Some Sparkes whereof rakt up in Aſhes then,  
I layd aſide, for want of Inke and Pen:  
But now enlarged by the mighty hand  
Of that ſweete God, who both by \* Sea and Land  
In ſundry Priſons, Countries, kept me ſo  
In health and comfort, that I met with no*

\* I arrived in  
*Ierſy, Ianuary*  
the 17. 1637.  
and received  
the Tydings of  
my enlargement  
thence by war-  
rant from the  
Parliament  
*November 17.*  
1640. the ſame  
day of the Mo-  
neth, I there  
firſt landed.

\* Iſa. 43. 2. Pſa.  
66. 12. Pſ. 139.  
9. 10. Joſh. 1. 5.  
9.

\* I was first committed Prisoner to the Towre of London, Feb. 1. 1632. where after two removals to the Fleete for a short space, I remained Prisoner till July the 27. 1637. & was then removed to Carnarvan Castle in Northwales, where I arrived August the 5. and was there kept close Prisoner till I was by special warrant shipped & sent close Prisoner for Jersey, Octob. the 10. 1637. where I arrived nortill January the 17. following. From whence I departed by Warrant from the Parliament, Novemb. 19. 1640. and landed at Dartmouth Novemb. 22. came into London Novemb. 28. was presented to the Commons House Novemb. 30. where my Petition was read Decem. 3.

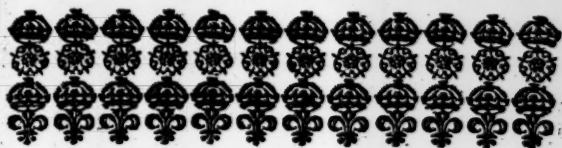
## To the Reader.

One day of Sickenesse, Sadnesse, Discontent,  
In \* eight yeares Troubles, and Imprisonment:  
(Which I relate, that all may blesse his Name  
For his great Mercy, and expect the same  
Support and Presence of our God in all  
Those sharpe Afflictions which may them befall,  
As I have found, by sweete experiment  
To my surpassing Solace, and Content :)  
I have blowne up these buried Sparkes a new,  
And here present them to thy Christian view,  
(Kinde Reader) to the end that thou mayst be  
Refreshed with those Thoughts, which refreshed me,  
And Steele thy Soule with Faith, Hope, Confidence,  
Against all Carnall feares and diffidence,  
With that which made Me to expect with joy,  
That blest Enlargement I doe now enjoy.  
From my long Durance, Censures, Banishment,  
Which God hath made a fresh, sweete Monument  
Of his Almighty power, that all thereby  
In all their Troubles and Adversitie,  
May learne with Faith, Hope, comfort to depend  
On God, who in due time Release will send.  
Thy Comfort, Profit is all I desire,  
Next to Gods glory; Lord, let the sweete fire  
Of thy good Spirit by these Lines convey  
Such Flames of Love, zeale, Comfort, Grace, & Joy  
Into each Readers soule, that he may see  
These Meditations were inspir'd by Thee.  
If any profit, fruit, thou from them gaine,  
O pray for him, who ever shall remaine

Thy Unfained

Christian Friend

WILLIAM PRYNNE.



TO  
 The Right Worshipfull his  
 ever Honoured worthy Friend, Sir  
 PHILIP CARTERET Knight, Lieutenant  
 Governour and Bayliffe of the *Iffe*  
 of *Jersey*.

**S**IR, Your great Favour and Huma-  
 nity  
 To Me whiles Exile, Prisoner in *Jersey*,  
 Wholy secluded from all Friends ac-  
 cesse,

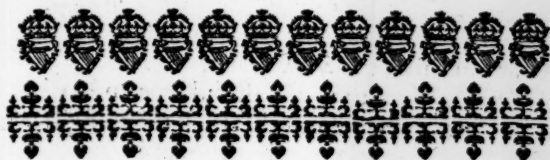
Under the angry Frownes of their Greatnesse  
 Who sent Me thither, to deprive me quite  
 Of worldly Comforts; challenge a just Right  
 To these rude *Meditations*, which there grew,  
 And so in Justice are your proper Due.  
 Accept them than, as a small Pledge of my  
 Thanks unto You, till Oportunity  
 And better Dayes, enable me to finde,  
 Some other meanes to pay all that's behinde.

*Your Eternally Obliged*

*Friend and Servant*

WILLIAM PRYNNE.





A  
POETICALL DESCRIP.  
tion of Mount-Orgueil Castle in  
the Isle of Ierſy, interlaced, with  
ſome brieſe *Meditations* from  
it's rockie, ſteepe, and lofty  
Situation.



Mount Orgueil Caſtle is a lofty pile,  
Within the Eaſterne parts of *Jerſy Iſle*,  
Seated upon a *Rocke*, full large & high,  
Cloſe by the *Sea-ſhore*, next to *Nor-*  
*mandie*;

Neere to a *Sandy Bay*, where boats doe ride  
Within a *Peere*, ſafe both from Wind and Tide.  
Three parts thereof the *flowing Seas* ſurround,  
The fourth (North-weſt-wards) is firme rockie  
ground.

A proud *High-mountain* it hath, a *Rampeir* long,  
*Foure gates*, *four* *Poſternes*, *Bulwarkes*, *Sconces* ſtrong,  
All built with Stone, on which there mounted lye,  
*Fifteen* caſt peeces of Artillery.

With ſundry *Murdering Chambers*, planted ſo,  
As beſt may fence it ſelfe, and hurt a foe.

A *Guard of Souldiers* (ſtrong enough till warre  
Begins to thunder) in it lodged are;

A

Who

## A Poeticall Discription

\* F. H.

Who watch and ward it duly night and day;  
For which the King allow's them *Monthly* pay.  
The *Governour*, if present, here doth lye,  
If absent, his *Lieutenant deputy*.

\* *A man of Warre* the keyes doth keepe, and locke  
The Gates each night of this high towering Rock.  
The Castle's ample, Aire healthy, and  
The Prospect pleasant, both by Sea and Land.  
Two *boystrons foes*, sometimes assault with losse  
This *Fortresse*, which their *progresse* seemes to  
crosse.

The *Raging waves* below, which ever dash  
Themselves in pieces, whiles with it they clash,  
The *Stormy winds* above, whose blasts doe breake  
Themselves, not it, for which they are too weake.  
For why this fort is built upon a *Rocke*,  
And so by (a) *Christs owne verdict* free from *shoeke*  
Of floods and winds; which on it oft may beate,  
Yet never shake it, but themselves defeat.

(a) Mat. 7, 24,  
25.

Thus potent Tyrants, whiles they strive to quash.  
Christs feeble members, oft (b) *themselves quite dash*  
To *shivers*, 'gainst the *Rocke* Christ, upon whom  
They safely founded stand what ever come.

(b) Pl. 2. 9. Re.  
2. 17. Mat. 21.  
44.

A *Rocke* too high for floods to reach; too strong,  
Too firme for fiercest winds to shake, though long  
They beate upon it, with a roaring sound,  
And blustering stormes, to cast it to the ground.

This Castles (\*) *haughty name*, and lofty seat,  
(Enough to puffed up minds not truly great,)  
Portend at first, that pride it selfe should dwell  
Within it: or such who in pride excell;  
Since *haughty* (c) *Tyles*, (d) *places too oft find*,  
Or *Make at least a proud and haughty mind*.

(\*) Mount Or  
guail, signifies a  
proud Mount;  
or Mount of  
pride.

(c) Rev. 18. 7.  
Dan. 4. 26, 27,  
28. Aft. 12, 22;  
23. Psal. 73. 6.  
Ezek. 16. 49.

(d) Obadiah. 3.

But though this vice in former times (perchance)  
Might here reside, and her proud throne advance;  
Yet now shee's banish'd hence with all her traine,

And



## of Mount-Orgueil Castle.

And long be it ere she returne againe.

Now nought but meeknesse and humility

In mind and habit, mixt with charity.

(The truest (e) ensignes of a noble Race;

And pious heart) adorne this stately place,

Let worthlesse upstarts, beggers, peasants vile

Be proud and haughty: this high mounted pile,

Possess by those of better Birth, Blood, Place,

Ignoble pride shall never once Imbrace,

When Christ (g) the patternne of Humility

Would teach this virtue, to a (h) mountaine high

He forthwith goes: and thence exhorteth all

To seeke this grace; fly pride, by which they (i) fall,

Shewing hereby, that pride more oft doth dwell

In (k) lowest valleyes, and the meanest Cell;

Than in the greatest Mounts, Men, Minds; who

(l) hate

*This vice, and humble are in highest state.*

Whence can you better learne Christs lesson now

Than in this Mount; where Humblenesse doth grow.

In great and small, with other vertues bright,

Which grace these walls, and to the Isle give light?

O let this Castle on a Rocke Inure.

Our soules to (m) build on Christ, A Rocke most sure:

A Castle, Fortresse, Bulworke, Hold and Towre

Above the reach of Foes, or humane powre.

And let this Mount, up which we daily climbe,

Advance our thoughts to objects more sublime;

Yea (n) Mount our soules, hearts, minds, to things above

The highest heavens, with the wings of love,

Faith, fervent prayers, sighs, teares, Psalmes of praise

Both day and night. Thus spending all our dayes

In (o) heav'n whiles here on earth wee breathe; that so

Wee may from (p) hence to it in triumph goe.

What though the way be (q) narrow, craggie, steepe,

Up which we cannot runne with ease, but creepe

(e) Prov. 15. 33.

c. 18. 12. Phil.

2. 5. to 10. Col.

3. 11. 1 Pet. 3. 5.

Prov. 22. 4.

Zeph 2. 3.

(g) Mat. 11.

29. c. 21. 5. Phil.

2. 5. to 10.

(h) Mar. 5. 1, 3,

5, 7.

(i) Prov. 15. 18.

c. 29. 23. Na.

25. 11. c. 28. 1.

3. Dan. 4. 37.

26. to 30. Jam.

4. 6. Zeph. 2. 10.

(k) Isa. 3. 5. 1

Tim. 3. 6.

(l) Prov. 8. 13.

(m) Eph. 2. 20.

21, 22. Mar. 7.

24, 25. 1 Pet. 2.

4, 5, 6. Psal. 18.

1, 2.

(n) Col. 3. 1, 2.

3 Thell. 5. 16,

17, 18, 23. Col.

3. 16, 17.

(o) Phil. 3. 20.

Eph. 2. 6.

(p) Luk. 16. 23.

(q) Mat. 7. 14.

Luk. 13. 24.

## A Poeticall Description, &c.

(r) Act. 14. 22.

Rev. 7. 14. I

Thess. 3. 4.

(M) Mat. 19. 29.

2 Cor. 4. 17.

(t) Pl. 16. 11.

Iſa. 51. 11.

(u) 2 Cor 4. 17.

2 Tim. 4. 8.

(x) 1 Cor. 2. 9.

(y) Revel. 1. 5.

Heb. 9. 12. c.

10. 19.

With paine and toyle, encountering (r) ſundry foes,  
Great croſſes, loſſes, and a world of woes ;  
The top once wonne, is pleaſant ; where the Gaine  
A (r) Thouſand-fold ſurmounts our loſſe and paine,  
There ſhall we ever dwell in (t) perfect joy ;  
Free from all dangers that may us annoy ;  
(u) Crowned with bliſſe and glory, which (x) transcend  
Our largeſt thoughts, and never know an end.  
Thither Chriſt bring us, whoſe moſt (y) ſacred blood  
Hath purchaſed Heaven, for our Endleſſe good.

F J N J S.

7

# ROCKES IMPROVED,

COMPRISING  
CERTAINE POETICALL  
MEDITATIONS.  
Extracted from the contem-  
plation of the Nature and Quality  
of ROCKES, a barren and harsh Soyle,  
yet a Fruitfull, and Delightfull sub-  
ject of Meditation.

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By VVILLIAM PRYNNE, late Exile, and close Pri-  
soner in *Mount- Orgueil* Castle in the Isle of *Ierisy*.

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Psal. 18. 2. 31. 46. 2 Sam. 22. 2. 3. 32.

*The Lord is my Rocke and my Fortresse, and my deliverer, my God,  
my strength in whom I will trust, my buckler, and the borne of my  
Salvation, and my high Towre; my Saviour, thou savest mee from  
violence. Who is a Rocke save our God? The Lord liveth, and  
blessed be my Rocke, and let the God of my Salvation be exalted.*

Psal. 40. 1, 2, 3.

*I waited patiently for the Lord, and hee inclined unto mee, and heard  
my cry: He brought mee also out of an horrible pit, out of the miry  
clay, and set my feet upon a Rocke, and established my goings, &c.*

---

London, Printed by T. Coles for *Michael Sparke*, dwelling at  
the blue Bible in *Greene Arbor*. 1641.

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TO THE RIGHT WOR-  
shipfull his most highly honoured,  
speciall kind Friend, the truly vertuous,  
and religious Lady, Anne Carteret,  
wife to Sir Philip Carteret Knight:  
Lievetenant Governour, and  
Bayliffe of the Isle of Jersey.



Adame, Vouchsafe to owne and patronize  
These Meditations, which did first arise  
Within those walls, which your bright vertues  
grace,

And fitted were for that (\*) high rockie place  
The Poem's like the Subject, barren, yude,  
Uncompt, yet wholsome to an heart renu'd:  
Your kind acceptance will it crowne, and raise  
Above its worth, and be the Poets Bayes:  
Who for your Noble Favours whilst that bee  
Remain'd close Prisoner, Exile in Jerse.  
Sequestred from all friends access, shall rest  
Whiles any sparkes of life stay in his Brest

(\*) Mount Or-  
gueil.

Your Ladiships most obliged, most  
devoted friend and servant

WILLIAM PRYNNE.



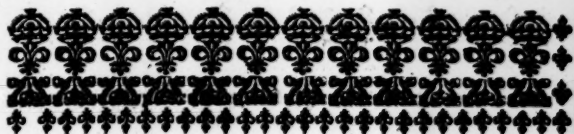
Courteour Reader, I shall request thee to correct  
these few *Presse errors*, which have scaped in  
some Coppies in my absence.

Errata.

Page 1. line 10. for *the*, read *this*. p. 3. l. 12. r. *make*. p. 18. l. 3.  
when *whom*. l. 6. them. r. *him*. p. 19. l. 8. to r. *in*. p. 32. l. 24. of, *on*.  
p. 33. l. 18. sinne, *weeds*. p. 34. 7. they, *these*. p. 47. l. 5. must, *much*.  
p. 65. l. 5. be, *lie*. p. 71. l. 19. *greatest*. p. 82. l. 21. lose, *close*. p. 83.  
l. 13. *others*, I. p. 93. l. 21. fined, *fixed*. p. 95 l. 22. and, *Ob*. l. 23.  
Satan, *Satin*. p. 98. l. 25. them, *then*. l. 27. stations, *passions*. p. 103.  
l. 15. over, *ever*. p. 108. l. 21. thee, *they*. p. 119. l. 6. to. *or*. p. 125. l.  
23. arriv'd, *arm'd*. l. 25. *flattering*. p. 149. l. 6. shall, *should*. p.  
164. l. 1. the, *then*. p. 165. l. 13. th' one, *thine*. p. 169. l. 11. prints  
*paints*.

Printers oft erre, but not as other men;  
Their Errors are corrected with a Pen.





# ROCKES IMPROVED.

Comprising certaine Poeticall  
Meditations, extracted from the con-  
templation of the Nature and Qualities of  
*Rockes; a Barren and Harsh Soyle, yet a*  
Fruitfull and Delightfull *Subject* of  
Meditation.

## THE PROEME.



Hen from the lofty \* Castle I  
espie

The ragged Rocks, which round  
about it lye;

My Working thoughts begin  
from thence to raise

Some (a) *Meditations*, to their  
Makers Praise,

And mine own Profit: which my heart may warm,  
Yea mount to Heaven, and vaine fancies charm.

B

Me-

\* *Mount-Or-*  
*guil.*

(a) *Pfal.* 77. 12.  
*Pfal.* 19. 14.  
*Pfal.* 143. 5. *Psa.*  
104. 34.



## Meditations of the first Ranke, Pa- rallelling Christ and Rockes to- gether.

(b) 1 Cor. 10.

4. Psal. 18. 2. 31.

46. Ps. 28. 1. Ps.

31. 3. Psal. 42. 4.

Ps. 62. 2. 7. Psal.

71. 3. Ps. 89. 26.

Psal. 92. 15. Ps.

94. 22. Psal. 95.

1. Deur. 32. 31.

2 Sam. 22. 2. 3.

32. 47.

(c) Psal. 148. 5.

Ioh. 3. 3.

(d) Ioh. 5. 17.

18. Ioh. 8. 16.

18. 19. 28. 38.

41. 49. 54.

(e) Ioh. 1. 14.

c. 3. 16. Act. 13.

33. Heb. 1. 5. c.

5. 5.

(f) Mat. 7. 24.

25. Luk. 6. 47.

48.

(g) Isa. 28. 16.

Mar. 16. 18. 1

Per. 2. 3. 4. 5. 6.

7. Psal. 118. 22.

Act. 4. 11. 1 Co.

3. 11. Ephes. 2.

20. 21.

(b) Mat. 7. 24.

25. c. 16. 18.

Rom. 8. 35. to

39. 2 Pet. 1. 10.

Psal. 125. 1. 2

Cor. 4. 7. 8. 9.

1 Cor. 10. 13.

**A**Nd first, the Rockes doe lively represent  
A complete Image, full of sweete content,  
Of Christ our Rocke; such that both They and He  
In Name and Nature fitly doe agree.  
Are they cal'd Rockes? So he in sacred Writ  
*A (b) Rocke is stil'd; in these regards most fit.*

I.

The Stony Rockes no other Father know  
But God *who made them*, from whose *(c) word they flow*  
So Christ (both God and Man) no Father knowes  
But *(d) God eternall*; from whose Loines he flowes  
By such a *(e) Generation as exceeds*  
*Mens shallow Thoughts*, and in them wonder breeds.

2.

Rockes are the *(f) firmeſt ground whereon to lay*,  
*And found such buildings as shall not decay.*  
But last and stand in spite of Floods, Stormes, wind,  
Which may beate on them, yet no entrance finde,  
So *(g) Christ's the onely Rocke, the tryed stone*  
*On which the Church is built*: On Him alone  
Our Soules so safe, fast, firmly, founded lye,  
That they shall stand for all eternity  
Unshaken, undemolish't, *mange all*  
*The (b) Stormes, Floods, Winds, that on them beat & fall*  
Though



Through Men or Devils Malice: Happie they  
Who on this firme Rocke, all their buildings lay.

3.

*Rockes yeeld the sweetest* (i) *Honey*, Men to feede:  
The (k) *sweetest honey comforts*, *Joyes proceede*  
*From Christ our Rock*, Mens drooping souls to cheare  
*And sweeten all sowre Croffes which they beare.*

(i) Psal. 81. 16.  
Deut. 32. 13.  
(k) 2 Cor. 1. 3.  
4. 5. 6. Psal. 71.  
21. Cant. 2. 5.  
Isa. 40. 1. c. 51.  
3. c. 61. 1. 2.

4.

All precious Stones, and Jewels Rocks doe breed:  
*All Gemmes and Pearles of Grace from* (l) *Christ proceed*  
The first, our Bodies decke, but for a space;  
The last, our (m) *Souls*, with an eternall Grace.  
The first, in Mans eyes are a lovely sight;  
The last in Gods eyes makes us shine most bright.  
O let us then, these Jewels onely prize,  
Which make us (n) *comely in Gods sacred eyes.*

(l) Ioh. 1. 16.  
Rev. 3. 18. Col.  
2. 2. 3. 9.  
(m) Psal. 45. 9.  
13. 14. 1 Pet. 3.  
3. 4. 5. 1 Tim 2.  
9. 10. Cant. c. 1.  
10 8.  
(n) Ezech. 16.  
8. 10 15. Cant.  
2. 1. 2. c. 4. 1. 2.  
& c. c. 5. 1. to 8.  
(o) Deut. 8. 9.  
Iob. 28. 2.  
(p) Col. 2. 2. 3.  
9. Ioh. 1. 15. 16  
Ephes. 3. 8. 18.  
19.

5.

The richest *Mines of Silver, Gold, Tin, Lead,*  
*Brasse, Copper, in the wombes of* (o) *Rockes are bred*:  
Whence not digg'd out with pains, they uselesse lie  
And none are better'd, or enricht thereby.  
Thus all the Mines, and *Treasures of Gods Grace*  
*Are* (p) *hid in Christ*, as in their proper place.  
Yet none doe happie, rich, or wealthy grow  
By these hidde Treasures, though they overflow;  
But those who take much (q) *paines to dig them thence*  
*With Prayers, Teares, Faith, Hope, and Patience.*  
O let us then be ever drawing Oare  
Out of our Rock Christ, in whom there's such store

(q) Prov. 2. 3.  
4. 5. Mat. 13. 44.  
45. 46. Rev. 3  
18. c. 22. 17.  
Ioh. 1. 15 16.  
Mat. 7. 7. 8. c.  
21. 22. Iam. 5.  
7. 8. Rom. 8. 24.  
25.

(r) Rev. 3. 18.  
c. 22. 17. If. 55.  
1. 2. 3. Ioh. 7. 37.

Of richest golden Mines, that all (r) who will  
May there their Soules, and Bagges for ever fill.

## 6.

(s) Deut. 8. 15.

Pfal. 105. 41.

Psa. 14. 8. Ifa.

48. 21. Pf. 104.

10. 11. 12. 13.

(t) Ioh. 19. 34.

1 Ioh. 5. 6. 8. c.

1. 7. Rev. 1. 5.

Heb. 9. 14. Eph

5. 26. 1 Cor. 6.

11. Eph. 1. 5. 2.

13. Heb. 10. 19.

c. 13. 12. 20. 1

Pet. 1. 19.

(v) Exod. 17.

5. 6. Num. 20.

10. Deut. 8. 15.

Neh. 9. 15. Psal.

78. 16. 20. Pf.

105. 41. Psal.

114. 8. Ifa. 48.

21.

(u) 1 Cor. 10.

4.

(y) Ioh. 19. 34.

1 Ioh. 5. 6. 8.

1 Ioh. 1. 7. Rev.

1. 5. c. 22. 17.

Ioh. 7. 37. Eph.

5. 26. I say 55.

1. 2.

(z) 1 Cor. 10.

4. Gal. 3. 1.

(a) 1 Cor. 10. 4.

The purest, best, and pleasantest waters spring  
Out of (s) Rockes sides; which sweete refreshment bring  
To Man and Beast, whose Thirst they quench and stay,  
Their bodies bathe, and wash their filth away.

Thus from our Rocke Christ, and his pierced side,  
Such pearelesse Streames of (t) Blood and Water glide,

(To save, bathe, cleanse, refresh all broken Hearts,  
And quench hell flames, with Satans, fiery Darts:)

As farre surpass the purest Streames that flow,  
From all the Rockes, or Fountaines here below.

And now (me thinks) (v) the Rock in wilderness  
Whence streames of waters gushed to redresse,

And quench the Peoples Thirst, when Moses Rod  
It smote, and pierced by command from God.

(Yea every Rock whence Cristall waters spring)  
A lively (x) Picture was, and is to bring

Our Rocke Christ to our Mindes, and to present  
Him to our eyes, and Hearts with great content:

From whose pierc'd Hands and side with Nayles  
and Speare,

Whole (y) Streames of precious Blood, and waters cleare  
Did sweetely flow, Gods wrath to quench, allay,

His peoples Thirst, and wash their finnes away.

We neede not then a Crucifixe, to bring

Christ to our Mindes, sith every Rocke and Spring  
That flowes from thence, doth in more (z) lively

Present Christ and his Passion to our Eyes; (wise

Let Papists then behold their painted stickes;

Each Rocke to me shall be a Crucifixe,

As (a) God hath made it: and shall teach me more,  
Than all the Pictures of the Roman Whore;

Which

Which are meere (b) *Idoll, beathenish vanities,*  
And (c) *teach nought else, but Errors, Sinnes, and Lies.*

7.

*Rockes yeeld a pleasant (d) shade against the Heate,*  
*The scorching Sun and Storms that on Men beate;*  
*Which sweete Refreshment to the weary brings,*  
*And cooles them more than any limpid Springs.*  
*Christ our Rocke is a sweete refreshing (e) shade*  
*Against all Heates that scorch, all sinnes that lade*  
*His Saints; whose weary Sinne-burnt Soules can gaine*  
*No (f) rest but in his shade, which ends their paine;*  
*Yea fills them with such (g) Peace, Ioy, Chearefulnesse,*  
*That they an Heaven here on Earth possesse.*  
*O let us still abide in this blest shade,*  
*Where-with our soules are eas'd, and happy made.*

8.

*The Holes and Clifts in Rockes to which Men (h) flye*  
*In times of Danger, for Security;*  
*Paint out the Holes, Clifts, wounds in Christs pierc'd*  
*(i) side*  
*Feete, Hands, wherein our Soules may safely hide*  
*Themselves against all stormes that Devils, Hell,*  
*World, flesh, or Sinne can raise up, them to quell.*  
*O let us to these blessed Holes, Clifts flye*  
*For Shelter, and in them both live and dye.*  
*Yea let each Hole and Clift which we espie*  
*In Rocks, present Christs wounds, Holes, to our Eye,*  
*And so imprint them in our Hearts and Minde,*  
*That they may still sweete Solace in them finde.*

(b) Psal. 135.  
15. 16. 17. 18.  
(c) Jer. 10. 8.  
9. Hab. 2. 18.  
Zech. 10. 2.  
Isay 41. 29.  
(d) Isay 32. 2.  
Joh. 4. 5. 6. Job  
7. 2.

(e) Isay 25. 4.  
5. c. 4. 6. Cant.  
2. 3. Psal. 17. 8.  
Ps. 36. 7. Ps 57.  
1. Psal. 91. 1.  
Hosea. 14. 7.  
(f) Mat. 11.  
28. 29. 2 Thess.  
1. 7.

(g) Isa. 35 2. 10.  
Rom. 14. 17. c.  
15. 13. Gal. 5.  
22. 1 Pet. 1. 8.

(h) 1 Sam. 13.  
6. c. 23. 3. 4.  
Judg. 20. 45.  
47. Isa. 2. 10.  
19. 21 c. 7. 19.  
c. 57. 5. Jer.  
16. 16. Rev. 6.  
15. 16. Jer. 13.  
4.

(i) Joh. 19. 34.  
Isa. 15 4. 5. Ps.  
27. 5. Ps. 143. 9.  
Cant. 2. 14.

(k) Mat. 7. 25.  
26. Job 6. 12.  
c. 19. 24.

(l) Heb. 13. 8.  
Pf. 102. 12. 26.  
27. Mal. 3. 6.  
Jam. 1. 17. Rev.  
1. 8. 17. 18.  
Heb. 1. 11. 12.

(m) Psal. 102.  
12. 25. 26. Heb.  
1. 11. 12. Isa. 2.  
22. c. 26. 14. c.  
40. 6. 7. Dan. 4.  
and 5. and 10.  
& 11. & 12. 2  
Chron. 36.

(n) Heb. 13. 8.

(o) Rom. 6. 9.  
10. Rev. 1. 8.  
17. 18.

(p) Psal. 73. 25.  
Pf. 119. 57.

(q) Psal. 27. 10.  
Eph. 1. 23. Col.  
3. 11. 1 Cor. 15.  
28. Psal. 90. 1.

(r) Num. 24.  
21. Judg. 15. 8.

c. 20. 45. 47. 1  
Sam. 23. 25. Pf.  
94. 22. 1 Sam.  
13. 6. c. 24. 2.

Isa. 2. 10. 19. 21  
c. 17. 19. c. 33.

16. Jer. 4. 29.  
c. 16. 16. c. 48.

28. c. 49. 16. c.  
51. 25. Obed. 3.

4. Rev. 6. 15.  
16.

(s) Psal. 18. 2.  
31. 48. Pf. 31. 3.

Psa. 61. 2. Pf. 94.  
22. Deut. 32. 4.

9.

*Rocks seldom (k) weare or waste, but last and know  
No changes, while Things, Seas still ebbe, and flow  
About them. So our Rocke Christ lasts for aye  
Without all Change, both (l) yesterday, to day,  
And still the same for all eternitie,  
When all things else decay, waxe, old and dye.  
Friends, Parents, Kindred, Goods, Lands, Cities, States,  
Kings, Kingdomes, yea the world, have (m) all their Fates,  
Falls, Changes, Periods; and doe passe away;  
Whiles Christ our Rocke stands firme at the  
(n) same stay.*

*No change, age (o) death can on him seaxe, or lye,  
He still continues in the selfe-same plight,  
O let us then make Him our onely (p) stay,  
Friend, Treasure, Portion, who thus lasts for aye,  
Then when all Friends, Helpes, Stayes, Hopes  
else faile, He*

*Alone (q) more than all these to us will be.  
Oh prize Him most who doth all else excell,  
And still remains when they bid us farewell.*

10.

*Rocks are to Men the (r) strongest, safest Fence,  
Fort, Refuge in all Dangers: and from hence  
Most Castles, Townes, Forts on them settled ar,  
Which guard whole Kingdomes, both in Peace  
and war;*

*To these men in all places use to flye  
For ayde and shelter in extremitie,  
And is not Christ our Rocke, the strongest Mound,  
The safest (s) refuge of his Saints? who found*

Theii

Their Forts, strength, faſty upon Him, and flye  
 To him alone in all their *Miserie*?  
 Where they in *ſafty* live, and dare deſie-  
 Both Men and Devils with ſecuritie.  
 O let us then on Him alone reſoſe  
 Our Soules, *who will* (r) *protect* them from all foes.

II.

*Doves, Eagles, Conies, Fiſh* in (v) *Rockes* doe breed,  
*Build, dwell and hide* themſelves: Chriſts choſen ſeede  
 In (x) *Him* alone breed, build, dwell, live, and hide  
 From all ſuch *Perills* as ſhall them betide.  
 Let this their wiſedome teach all others grace  
 In this Rock Chriſt, their Strength, Neſts, Homes to  
 place.

12.

*Rockes* have no outward (y) *forme* nor comelineſſe  
 To make them level. (z) *Scripture* is expreſſe  
 That Chriſt our *Rocke* had none, whence moſt (a) *deſpiſe*  
*Him* whiles they view *Him* but with carnall *Eyes*.  
 And yet as *Rockes*, though ragged, vile and bare  
 In outward forme, containe within them rare  
 And precious Jewels, Stones, Mines, of all Kinds;  
 So though our *Rocke*, Chriſt, unto carnall Minds  
 In outward ſhew ſeemes baſe; yet in *Him* lye  
 The (b) *richeſt Treasures, Mines, Gems*, hid from eye:  
 O judge not then by (c) *ouſide*, ſince corſe ſkinne  
 And rags oft times have *Treasures, Pearles* (d) *within*,  
 Whiles gilded *Outſides* (like a (e) *painted Grave*)  
 Nought elſe but *Duſt, Droſſe, Dung*, within them have.

(r) 1 Pet. 4. 19.  
 2 Tim. 4. 18.  
 Ioh. 10. 28. 29.  
 (v) Cant. 2.  
 14. Pro. 30. 26.  
 Numb. 24. 21.  
 Job 39. 28. 29.  
 Pſal. 104. 18.  
 Jer. 48. 28.  
 (x) Joh. 15.  
 1. to 8. Cant. 3.  
 14. Iſay. 25. 4.  
 Pſ. 32. 7. Pſ. 119.  
 119. Iſa. 32. 2.  
 (y) Iſa. 2. 21.  
 Ezech. 26. 4.  
 (z) Iſa. 53. 2. 3.  
 Pſa. 22. 14. 15.  
 16. 17. Iſa. 52.  
 14.  
 (a) Iſa. 53. 3.  
 Mark. 9. 12. Pſ.  
 118. 22. Mat.  
 21. 42. Act. 4.  
 11. Joh. 1. 10.  
 11.  
 (b) Ephes 3. 8.  
 Col. 1. 16. 17.  
 18. c. 2. 9. 10.  
 Eph. 1. 23. Ioh.  
 1. 16.  
 (c) 1 Sam. 16. 7.  
 (d) Jam. 2. 5.  
 Pſal. 45. 13. 1  
 Pet. 3. 4. Rom.  
 2. 28. 29.  
 (e) Mat. 23. 27.  
 28.

13.

(f) Mat. 16. 18.  
c. 28. 20. Ioh.  
10. 28. 29.  
Rom. 8. 35. 10  
39. Psal. 121. 1.  
to 8. Psal. 125.  
1. 2. 3.

Rockes fence the Land against the raging Seas,  
Which else would swallow it with speed, and ease.  
So (f) *Christ* defends his *Church* and feeble *Sheepe*,  
*Gainst Devils, Tyrants, Wolves; who else would sweep*  
*Them cleane away, and speedily devoure,*  
*If not protected by his Mighty Power.*  
O give Him then the praise of this sweete Grace  
Who thus preserves us safe in every place.

14.

(g) Jer. 16. 19.  
Psal. 18. 1. 2.  
Psal. 9. 9. Psal.  
46. 1. 2. 3. Psal.  
62. 7. 8. Isa. 25.  
4. Heb. 6. 18.  
Psal. 60. 11

Rockes oft times Harbours make for Ships to ride  
In safety both from Pirats, Stormes, winds, Tide.  
So *Christ* our Rocke, an (g) *Harbour* is to all,  
*Who flye to Him, and for helpe on him call*  
*In all their Troubles;* where they may repose  
Themselves in *safety*, maugre Stormes, or Foes.

15.

(h) Judg. 15. 8.  
c. 20. 45. 1 Sam.  
13. 6. c. 23.  
25. c. 24. 2. Isa.  
2. 10. 19. 21.  
(i) Mat. 28. 20.  
Pl. 34. 18. Psal.  
145. 18. Rom.  
10. 6. 7. 8. Act.  
10. 35. Psal. 18.  
1. 2.

Rockes through the world neare hand dispersed lie  
*For Men to (h) flye too, in extremitie.*  
Christ in (i) *all places is still neare at hand,*  
*A Rocke to shield, and guard his chosen Band,*  
*In all their Dangers, and perplexities,*  
Thrice happy he who in him fenced lies.

16.

*God well accepted in most gratefull wise,*  
*And by some wonder grac'd the Sacrifice*

*Which*

*Which holy Men upon bare (k) Rockes did lay,  
And offer to him; not on Altars gay:  
Thus God those Praises, Almes, Teares, Prayers, Cryes,  
(A Christians best and onely (l) Sacrifice)  
Doth most regard, and them alone approve  
Which laid on (m) Christ our Rocke, doe from Him move,  
And mount to Heaven (n) sweetned with the fume  
Of his rich Odors, which their stincke consume.*

17.

*Altars of old were built on (o) Rockes; to shew  
That we no (p) Altar else but Christ should know;  
And that all Altars, Offerings must proceede  
From Him, or else theyle stand us in no steede.  
Those Altars then are built but on the (q) Sand,  
And sure to fall, which on Christ doe not stand;  
As none doe now, sith (r) Christs death overthrow  
All Altars but Himselfe, both old and new.*

18.

*No lasie, fearefull Persons can ascend  
Steepe Craggie (s) Rockes, but onely those who bend  
Their Mindes, Force, Might thereto, who hardly get  
Vpon them but with earnest paine and sweat,  
Nay falls, oft-times, and Bruises: so all those  
Who (t) sloathfull are, with Christ can never close:  
A Rock so Narrow, craggie, steep, Sublime (Climbe,  
That, none, with Ease, with Paines, (v) few can Him  
Meeting with (x) many Rubbes, Falls, Bruises, ere  
They climbe upon Him, and a building reare.  
O then let all who thinke this Rocke to mount  
Of Paines, Sweat, Fals, Rubs, crosses, make (y) account.*

C

And

(k) Judg. 6. 20.  
21. c. 13. 19.  
20.  
(l) Psal. 51. 17.  
Heb. 13. 15. 1  
Pet. 2. 5. Phil.  
2. 17. c. 4. 8. Pl.  
107. 22. Rom.  
12. 1.  
(m) Heb. 13. 15.  
Col. 3. 17. Joh.  
13. 13. 14. c. 16.  
24. 26.  
(n) Rev. 5. 8. c.  
8. 34.  
(o) Judg. 6. 26.  
c. 13. 19. 20.  
(p) Heb. 13. 10  
Rev. 16. 9. c. 8.  
3. c. 9. 13.  
(q) Mar. 7. 26.  
27. Luk. 6. 47.  
(r) Heb. 7. 12.  
13. 14. 10. 28. c.  
8. & 9. & 10. c.  
13. 10. 13. 1 Cor  
9. 13. 14. c. 10  
16. 10. 22. c. 11.  
24. 10. 37. Col  
2. 10. 10. 22.  
(s) Amos. 5. 12.  
18. Am. 14. 4. 13.  
Jer. 4. 29.  
(t) Mar. 25. 26.  
Rom. 12. 11.  
Heb. 6. 12. Pro.  
21. 25.  
(v) Mar. 7. 13.  
14. Luk. 13. 24.  
(x) Joh. 16. 33.  
Act. 14. 22. 1  
Thes. 3. 4.  
(y) Luk. 14. 28.  
10. 34.  
(z) Deut. 6. 5.  
Luk. 13. 24.



(*γ*) Deut. 6. 5.  
Luk. 13. 24.

(*α*) Mat. 24.  
42. c. 26. 41.  
Mar. 13. 37.  
Luk. 21. 36.

(*β*) Rom. 13.  
14. Luk. 22. 46.  
1 Thes. 5. 6. 7.  
Eph. 5. 14.

(*ε*) 2 Thes. 5.  
17. Eph. 6. 18.  
Rom. 12. 12.  
Aft. 6. 4. Luk.  
21. 36.

(*δ*) Pl. 40. 2. Pl.  
61. 2.

(*ε*) Mar. 4. 13.  
15. 18. c. 8. 24.  
26. 27. c. 13. 1.

c. 14. 24. 25. 26.  
c. 15. 29. Mar. 2.  
13. c. 3. 7. c. 4. 1.  
c. 5. 1. 21. c. 7.  
3. Luk. 6. 17.  
c. 21. 15. Joh. 6.  
1. 16. 18. c. 21.  
1.

(*φ*) Mat. 8. 27.  
Mar. 4. 41. Luk.  
8. 25. Mat. 14.  
33.

(*g*) Ma. 14. 25.  
26. Mar. 6. 48.  
49. Joh. 6. 19.

(*β*) Judg. 15. 8.  
c. 20. 45. 1 Sam.  
13. 6. c. 24. 2.  
c. 23. 25. 26.  
1 Sa. 2. 10. 19. 21.  
c. 7. 19. Jer. 4.  
29.

And then addresse themselves *with* (*γ*) *all their might*  
*Unto this worke*, which will their paines requite.

19.

Rockes are too Hard, on which to sleepe secure:  
And they must (*α*) *watch*, not sleepe whom Christ keepes  
sure.

Those who intend on this Rocke safe to lye,  
Must (*β*) *Shake off sleepe*, with all security:  
*Watching and* (*ε*) *praying alwayes night and day*,  
Lest world, flesh, Devill them surprize and slay.

20.

Rockes *in*, or neere the Seas, and waters are;  
And doe their heads, most part (*δ*) *above them beare*:  
So Christ, our Rocke, on earth did oft reside  
Neare to the Sea; yea, on it, walke and ride:  
*Lifting his Head above the proudest Seas*,  
And calming all their raging waves with ease:  
To shew that He was (*ε*) *Supreme Lord of all*  
*The world*, when Seas and floods before Him fall;  
Yea, prove a footstoole for his feete to tread,  
And (*ε*) *walke upon in safety*, without dread.  
All other Rockes in waters sincke, Christ Sailes,  
Swimmes, walkes upon, and over them prevails.

21.

Most, ragged Rockes contemne, neglect, forsake,  
Untill some (*β*) *Dangers force them to betake*  
*Themselves unto them for securitie*,  
And then they prayse, and highly magnifie

Those



Those Rockes they he'd before in such disgrace,  
As the most strong, sweete, best, and safest place.  
So, most this Rocke Christ quite (i) neglect, despise,  
Desert, abandon till (k) extremitie

Enforce them to Him, to protect and free.

Them from the Evills which they feare and flee.

And then no place so sweete, safe, delicate  
As this our Rocke before left desolate.

But yet as those who unto Rockes doe flye,  
Not out of love, but meere necessity,

(l) Forsake them quite, when as their Dangers end;

So, such whom Feares, or Perills force, and send

(Not sincere love) to Christ our Rocke, (l') away

Depart from Him, and will no longer stay,

When as their Dangers, Troubles, Feares are gone,

And most unkindly leave Him all alone.

Hence may all Popelings Learne, that Multitude,  
Christs, or his Churches truth doth (m) ill conclude.

22.

Rockes humble are, and never upwards tend,  
Mount, swell, but (n) downe their Heads and Motions  
bend.

So Christ our Rocke, did (o) bumble and abase

Himselfe, but never sought high state or Place;

Moving from Heaven downe to Earth below,

To quench all Pride, and make men humble grow.

Who then dares swell with Pride, or Haughtinesse

When Christ, Himselfe did thus so low depreesse;

Though (p) King of Kings, and Lord of Lords, most  
High,

Nay second Person in the Deity?

(i) Isa. 55. 3.

Psal. 118. 22.

Akt. 4. 11. Mar.

9. 12. Joh. 1. 10

11.

(k) Mar. 11. 28.

29. 2 Chron.

33. 12. Hof. 5.

15. Pla. 78. 34.

35. 36. Isa. 55.

1. 2. Zeph. 3.

12. 1 Tim. 5. 5.

(l) Psal. 78. 34.

35. 36. 37. Jer.

3. 10. Exod. 8.

& 9. & 10. Judg

2. 17. 18. 19. c.

3. 10. 10. 16. c.

4. 1. to 6. c. 6.

1. to 11.

(m) Mar. 7. 12.

13. 14. c. 20.

16. c. 22. 24.

Luk. 13. 23.

24. 1 Pet. 20.

21. Rev. 3. 4.

1 King. 22. 6.

to 29.

(n) Exod. 15.

5. Nah. 1. 6.

(o) Mar. 11. 29

Phil. 2. 5. 6. 7.

8. Joh. 6. 15.

16. Eph. 4. 9.

Heb. 2. 7. 9.

Zech. 9. 9.

(p) Phil. 2. 5. 6.

7. 8. 1. Tim. 6.

15. Rev. 17. 14.

c. 19. 6. Deut.

10. 17.

23.

(q) Num. 23.9.  
Iob. 39. 28. 29.

High Rocks a pleasant (q) *Prospect yeeld, whence Men Sea, Land, nay Heaven may the better Ken.*

And with delight see farther, and farre more  
Than they on lower ground beheld before.

Thus men high mounted on our Rock, Christ, view  
From thence, with most delight, such (r) *pleasam,*

*new*

*And glorious Sights of God, and things above*

*As rap their soules, and make them sicke of Love.*

Thence they behold all Earthly things below

With other Eyes, and both discerne and know

*Them to be vile, base (s) Drosse, meere vanity,*

*And very small when view'd thus from on high.*

(r) 2 Cor. 5. 16.  
17. 18. 1 Cor.  
2. 7. to 16. Ad.  
26. 18. 2 Cor.  
3. 18. Col. 3. 1.  
2. 3. Phil. 3. 7.  
8. 9. 20. Eph. 3.  
8. 9. 20. Eph.  
3. 8. 9. 10.  
(s) Eccles. 1. 2.  
14. 1. Ioh. 2.  
15. 16. 17. Phil.  
3. 7. 8. 9. Prov.  
23. 4. 5.

24.

(t) Pro. 30. 19.

When (t) *Serpents upon Rockes doe creepe or glide*

*They leave no tract, way, steps, that can be spide.*

When that old Serpent Satan crept upon

Our Rocke Christ, with his strong Temptation,

He (v) *nought prevailed, and no print, step, trace,*

*Of him or his Assaults on Him tooke place.*

(v) Mat. 4. 1.  
to 10. Lu. 4. 1.  
to 10. Ioh. 14.  
30. Heb. 4. 15.

25.

When Christ our Rocke for forty dayes and nights  
*Had fasted, then the Devill Him incites*

*To (x) turne stones into Bread, Himselfe to feede;*

*Which He denide, though then he bread did neede:*

Yet of his tender Mercy to Mankinde,

And their poore soules, which are with hunger  
pinde,

(\*) Mat. 4. 2. 3.  
4. Luk. 4. 2. 3.  
4.

He

He dayly turnes a *Rocke* (*Himselfe*) to (1) *Bread*  
Of life, wherewith their hungry Soules are fed.  
Yea, rather than his chosen, Bread shall neede,  
The Rockes and Stones their Soules shall fat and  
feede,

Nay feast with those *sweete wafers*, which their  
Minde,

By (2) *Meditations* doth within them finde.  
Let then our Hearts be right, we neede not feare  
A (3) want of *Bread, Food*, them to feede, feast, che are,  
Since every *Rocke* and *Ston's* a Magazine  
To feede, store, feast them still with *Bread Divine*.

(1) Joh. 6. 32.  
to 64.

(2) Psa. 77. 12.  
Pl. 143. 5.

(3) Psa. 34. 9.  
10. Psa. 37. 25.  
1 King. 17. 6. 7:  
11: 12- 13:

26.

When *God himselfe* of his abundant Grace  
Shew'd forth his glorious Presence, and blest Face  
To *Moses* and *Elias*, he them plac'd  
In (4) *Clifts* or *Caves* of *Rockes*, and there them grac'd  
With this grand Honour, *Him* to view. When we  
Gods sweetest (5) *Face* and *Presence* long to see,  
Our Soules to ravish, we must stand, and hide  
Within the Clifts of our Rock, Christs peirc'd side  
(Which these *Rockes* doe but (6) *figure*,) the sole place  
Wherein we may with Comfort view Gods face.  
O let our Soules in these Clifts dwell and stay,  
Where *God his* (7) *Face* and presence doth display,  
In such sweete manner, and such lively sort,  
As will our Soules with Love and Joy transport.

(4) Exod. 33.  
21. 22. 23. 1  
King. 19. 9. to  
16.

(5) Mat. 3. 17.  
Joh. 1. 18. c. 6.  
46. c. 14. 7. 9.  
(6) 1 Cor. 10.  
4.

(7) Joh. 14. 7.  
9. 2 Cor. 5. 19.  
20.

27.

Rough ragged *Rockes* and *Stones*, cause Men to (8) fall  
And stumble on them; yea, oft times withall,  
Themselves to bruise, maim, breake, and hurt so sore,  
That they expire therewith, and rise no more;

(8) Isa. 8. 14. 15  
Luk. 2. 34. Ro.  
9. 33. 1 Pet. 2.  
8. 2 Chron. 25  
12. Zech. 12. 3  
Psal. 141. 6.

C 3

Thus

(g) Isa. 8. 14.  
15. Luk. 2. 34.  
Rom. 9. 33. I  
Pet. 2. 8.

( ) Luk. 2. 34.  
Mat. 21. 44.

Thus *Christ* becomes to many a wicked one  
A (g) *Rocke offensive, and a stumbling stone*  
*Who on Him stumble, slip, and headlong fall,*  
*And dash themselves in pieces therewithall.*  
O then beware how we against Him hit  
Spurne, stumble, who to ( ) *shivers will us split.*

28.

(h) Deut. 32.  
13. Job. 29. 6.

(i) Ezech. 11.  
19. c. 36. 26.

(k) Mat. 11. 28  
Psal. 41. 4. Mal.  
4. 2. Rev. 22. 2.

Some (h) *Rockes of flint yeeld softest oyle, to swage,*  
*And supple hardest swellings, when they rage.*  
*Heale wounds, and Ulcers; supplest Oyles of Grace,*  
*Which (i) soften hard Hearts in a little space;*  
*(k) Assuage our Paine, our Aches, wounds, sores cure,*  
*Proccede from Christ, a Rocke most firme and sure.*  
Lord give us store of this soft Oyle, that we  
Our Hearts made soft, our wounds quite heal'd  
may see.

29.

(l) Isa. 2. 2.

(m) Ephes. 3. 8.  
10. 19. 20. I  
Cor. 2. 9. Col.  
2. 3. 9. c. 1. 19.

(n) Eph. 3. 18.  
19. Psal. 62. 2.  
6. 7. Psal. 73.  
25.

The Mines and *Treasures which in Rockes hid lye,*  
*(l) Exceede Mans search and full discovery.*  
The Sacred *hidden Treasures* which doe dwell  
In *Christ* our *Rocke*, are so (m) *unsearchable;*  
*Vast, boundlesse, endlesse, that they farre exceede*  
*Saints largest thoughts and in them wonder breede.*  
O let us still contemplate more and more (store.  
The (n) *bright, depth, length, breadth, of this searchlesse*  
*To fill our Soules with sweetest joyes, and make*  
*Them for the Love of these, all else forsake.*

30.

(o) Job 6. 12.  
Jer. 23. 29.

*Rockes* are most Patient and doe not (o) *complain*  
*Cry, stir, though Tempests, Seas, Winds, Axes, Rain,*  
*Nay Sledges beat upon them, and them bruise,*  
*Break, hew, cleave, pierce, cut, lance, & much misuse.*

So

So *Christ* our *Rocke*, *endured* (p) *patiently*,  
*His Crosse*, *wrongs*, *suffrings*, *Death without all cry*,  
*Complainte*, *resistance*, *like a Sheepe before*  
*Her shearer*, *which doth never bleate*, *stir*, *roare*.  
 O let all *Christians* now at last from (q) hence  
*Learn* to beare *crosses* with like *Patience*.

31.

*The* (r) *Floods*, *windes*, *stormes* *against the Rockes* oft  
*beate*,

They still exposed are to *Cold*, or *Heate* :  
 Sometimes the *Seas* surround & drown them quite  
 And oft the yce and snow them hide from sight:  
 So *Christ* on earth (s) *assaulted was with windes*;  
*Floodes*, *Tempests*, *Heate*, *Cold*, *Crosses* of all *Kindes*,  
 Which for a time did hide, *immerge*, at last,  
 Quite over-whelme Him, till the *Stormie* was past.  
 What *Christian* then can *thinke* *himselfe* (t) *secure*  
*From Stormes*, *Winds*, *Floods*, *sith Christ* did them  
*endure*?

32.

When *Christ* gave up the *Ghost*, the (v) *Rockes* did *rent*,  
 The *Death* of this cheefe *Rocke* too to lament:  
 Yea, to beare witness of his *Deity*,  
 Who though he dy'd, made (x) *Rockes* in *pieces* flye.  
 That *Heart* is harder, worse than *Rock* or *Stone*,  
 Which *Christs* *Death* cannot rent, nor cause to  
 moane.

Yea every (y) *Rockie Heart* must melt, rent, fall  
 In *pieces*, when *Christ* shall it shake, smite, call  
 By his *Almighty Hand*, or *voyce*; which make  
 The hardest (z) *Rockes* and *Hearts* to melt, split, shake.

Lord

(p) Isa. 53. 7.  
 Mar. 25. 63. c.  
 27. 12. Act. 8.  
 32. 2 Pet. 2.  
 23. Heb. 12. 2.  
 Rev. 19.

(q) 1 Pet. 2. 19.  
 10. 25. Rev. 12.  
 12. Rom. 13.  
 10. Jam. 1. 3. 4.

(r) Mar. 7. 25.  
 Luk. 6. 47. 48.

(s) 1 Pet. 2.  
 22. 23. Heb. 2.

9. 10. 18. c. 4.  
 15. c. 12. 2.

Marth. 4. 2. to  
 10. c. 27. and

18. Mar. 15. &  
 16. Luk. 23. &

24. Act. 2. 23. to  
 37. c. 3. 13. to

10. 22. c. 4. 26.  
 27. 28.

(t) Joh. 15. 20.  
 Mar. 10. 22. 23.

24. 25.

(v) Mar. 27. 51  
 (x) 1 King. 19

11. Nah. 1. 6.  
 (y) Ezech. 22.

14. c. 36. 26.  
 c. 11. 19. Luk.

24. 32. Isa. 13.  
 7. Ezech. 21.

7. Jer. 23. 29.  
 (z) 1 King. 19.

11. Josh. 2. 11.  
 Amos. 9. 13.

Nah. 1. 5. 6.

Lord let the Thoughts of thy Death quite relent  
Our Rockie Hearts, and move them to repent.

33.

(a) Job. 6. 12.

c. 14. 24.

(b) Aft. 2. 24.

31. c. 13. 34.

35. 36. 37. Pſal.

16. 10.

(c) 1 Cor. 15.

42. 43. 52. 53.

54. 55. 56. Phi.

3. 21.

(d) Rom. 6. 9.

10. 1 Cor. 15.

42. 43. 52. to

57.

(e) Joh. 13. 2.

Phil. 3. 21.

Mat. 13. 43.

Dan. 12. 3.

Rockes (a) ſeldome rot, corrupt, or putriſe:

(b) Chriſt rotted not, whilſt he in Grave did lye;

That ſo he might our rotten Corps thence (c) raiſe

Free from corruption, Him for aye to prayſe.

O feare not then, though we returne to duſt,

Chriſt at the laſt (d) will ſcoure off all our Ruſt,

Droſſe, and Corruption; and our Corps reſtore

To ſuch a State, that it ſhall dye no more;

But live in endleſſe Glory, and excell

The (e) ſhining Rayes, which in Starres, Moone, Sunne,  
dwell.

34.

Rockes though they drowned be, appeare againe,  
And fixed in their Places ſtill remaine:

So Chriſt, though Dead, and layd in Grave, aroſe

Againſt the (f) third day, yea to Heav'n up goes,

Above the reach of Floodes; where he on high

Hath ſixt his Throne for all (g) Eternity.

Here ſhall this ever-living raiſed Rocke

For ever (h) reigne amidſt his choſen Flocke.

35.

(i) Mar. 15. 46.

47. Mat. 27.

60. Luk. 23.

53.

(k) Gen. 3. 19.

Eccleſ. 3. 10.

(l) Iſa. 53. 3.

14 c. 4. 11.

Our Rocke Chriſt being dead entomb'd lay

Within a (i) Rocke; where He grim death did ſlay.

We, Duſt and Earth, when dead, to (k) them returne:

But our dead Rocke, a Rocke bad for his Urne,

Which Him receiv'd, and harbor'd even when,

He Slaine, and quite (l) reſect'd was by Men.

O Rockes of Flesh, and Bowels, which first<sup>(m)</sup> rent  
*Themselves*, His bloody Passion to Lament!  
 And then Him in their Bosomes lodge, and plac'd,  
 When men Him slew, forsook, and most disgrac'd!  
 O men *(more<sup>(n)</sup> hard than any Rocke, Flint, Stone,*  
 Who never, pittie, feele, regard, bemoane  
 Christs cruell Death and Passion; nor receive  
 Him, when the Rocks rent, and Him House-roume  
 give!

O let us learne from hence, how hard, unkinde,  
 Ingrate we are to Him, who still shall *(o)* finde  
*More pittie, harbor, love, from Rockes than we,*  
*Untill our Hearts by Grace relented be.*  
 And let this Thought our Hearts of Rocke now  
 thaw,  
 And Floods of bitter Teares out from them draw.

36.

In fine; when we consider that *(p)* *Christ lay*  
*Intomb'd in a Rocke; yet the third day*  
*Rose up from thence:* it makes each Hole and Cave  
 We see in Rockes, no other but a Grave:  
 And points us out the *(q)* *Place where we must lye*  
*Inter'd, ere long, and fits us still to (r) dye;*  
 Which done, it then revives our soules againe  
 With this sweet Thought, that we *(s)* *shall not remaine*  
*In Grave for ever; since our Saviour rose*  
*From thence againe, to raise us, and all those*  
*Who are his Members, from the Dust, to (t) raigne*  
*In endlesse Blisse, where he doth now remaine.*  
 Let these sweete Speculations ever cheare  
 Our drooping Soules, and banish all their Feare.

D

Thus

*(m)* Mat. 27.  
 51.

*(n)* Jer. 5. 3.  
 Ezech. 3. 5.

*(o)* Joh. 1. 10.  
 11. Mat. 8. 20.  
 Luk. 9. 58. Job  
 24. 7. 8.

*(p)* Mar. 15. 46.  
 47. c. 16. 1. 2.  
 3. Mat. 27. 60.  
 c. 28. 5. 6. Luk.  
 23. 53. c. 24. 6.  
 7. Joh. 19. 41.  
 42. c. 20. 1.  
 10. 26.

*(q)* Job. 17. 1.  
 13. Psal. 88. 3.  
 5.

*(r)* 2 Tim. 4. 6.  
 7. 8. 1 Cor. 15.  
 31.

*(s)* Psal. 19. 9.  
 10. Ad. 2. 32. c.  
 13. 33. 1 Cor.  
 15. 1 Thes. 4.  
 14. to 18.  
 2 Cor. 4. 14.  
 Rom. 8. 11.

*(t)* Rev. 22. 5.



(v) 1 Cor. 10.  
4.

(x) 1 Cor. 11.  
25, 26, 29. Gal.  
3. 1. 1 Cor. 2. 2.  
Rom. 1. 19, 20.

(y) Gen. 1. 26.  
27. c. 3. 1. c. 9.

6. 1 Cor. 11. 7.  
Eph. 4. 24. Col.

3. 10. Heb. 1. 3.  
c. 2. 11. 12. 13.

14. 16. 17. Phil.  
2. 7. 8. 1 Joh. 3.

2. Joh. 1. 14. 30.  
(z) Psal. 62. 2.

6. 7. Psal. 94. 22.  
Psa. 18. 2. 31. 1

Cor. 10. 4.  
(a) Lu. 14. 33.

Mar. 10. 28. 29.  
Psa. 73. 25.

(b) Rom. 1. 4. 7.  
8. 2 Cor. 5. 8.

Thus Barren Rockes unto a pious Minde  
May fruitfull prove, if it (v) *Christ in them finde*;  
When they in Name and Nature thus expresse  
Unto the life, with Fruite and Pleasantnesse;  
Farre better than all Pictures which the Blinde,  
Dull Papists make, to bring them to their Minde,  
As if His (x) *Word, Workes, Sacraments, yea, (y) Man*  
*The truest, best Idea that we can*  
*Have of Him*) with each Rocke, Stone they espie.  
Were not enough to shew him to their eye,  
Without those Idols, which have thrust aside  
These better Pictures, and Christ from them hide.

38.

Blessed Lord Jesus *who the (z) only Rocke,*  
*And Refuge art of thine Electd Flocke,*  
Teach us thus sweetely to behold, and view  
Thee in each Rocke we see; for to renue,  
Melt, change, delight, rejoyce our Hearts, & make  
Them out of love to Thee, *all else (a) forsake* :  
Still (b) *living, cleaving, dying unto Thee*  
*The onely Rocke, where they full safe shall be.*

Medi.





**Meditations of the second Kinde,  
comparing *Rockes* and Sinnes to-  
gether.**

**A** Gaine, Me thinkes, the Rockes doe typifie,  
the nature of those Sinnes which in us lye.

1.

For first, all *Rockes* exceeding (c) *Heavie* are,  
To those who them upon their *shoulders* beare :  
Yet *Light*, not pondrous to their proper place :  
So, to all *Hearts* renu'd with saving *Grace*  
All sinnes more (d) *heavie* than *Rockes* are, and seeme;  
Though stony hearts them *light* and easie deeme.

2.

*Rockes* presse and bruise Them sore on whom they lye,  
And for meere anguish make them *Roare* and Cry.  
Sinnes doe so too; when God doth once awake  
Mens soules, their *Pressure* makes them (f) *roare* and  
quake.

O then beware of Sinnes, which (g) *bruise*, *oppresse*  
Our soules, and worke nought else but their distresse.

(c) Pro. 27.3.  
Zech. 12.3. Isa.  
32. 2.

(d) Pf. 38. 4. 5.  
Job 6. 3. 4. Mar.  
11. 28.

(e) Zech. 12. 3.  
Dan. 2. 34. 35.  
Prov. 27. 3. 21.  
Chron. 25. 12.  
Pf. 137. 9. Eccl.  
10. 9. Josh. 10.  
11.

(f) Pfal. 38. 1.  
10 11. Pf. 32. 3.

Pf. 2. 2. 1. Job. 3.  
24. Pf. 88. 1. 2. 3.

(g) Mat. 11. 28.  
Pfal. 38. 8. 2  
Sam. 24. 14.

(b) Exod. 15.  
5. Neh. 7. 11.

Jer. 51. 63. 64.

(i) Psal. 9. 17.

Psal. 55. 15.

Pro. 5. 5. 2 Pet.

2. 14. Isa. 24. 24.

(k) Heb. 12. 1.

Amos 2. 13.

Rev. 18. 21.

(l) Exod. 15.

16. 1 Sam. 35.

35.

(m) Heb. 5. 15.

Ezech. 3. 7.

Ephes. 2. 1. 2. c.

4. 18. 19.

(n) 2 Chro. 25.

12. Isa. 8. 14.

15. Psal. 141. 6.

Zech. 13. 3.

(o) Isa. 8. 15.

Jer. 18. 15. Isa.

24. 20. Jer. 8. 4

12. c. 25. 27. c.

50. 32.

(p) Isa. 1. 31.

(q) Isa. 64. 6.

Ezech. 16. 3. 10

40. Pro. 13. 5.

Gen. 49. 4.

(r) Ezech. 21.

25. c. 22. 27.

(s) Joh. 6. 70.

71. c. 8. 44. Act.

20. 29. 2 Pet. 2.

22. Rev. 22. 15.

(t) Exod. 15.

16. Job 18. 4. c.

28. 9.

(v) Jer. 13. 23.

Rom. 7. 18. 10

25. Zeph. 12.

Jude 10. 11.

12. 13.

Rockes sinke, and bend still (b) downe wards: Sins doe so,  
Tending to (i) Hell the Place to which they goe:  
Each day they sinke men lower than they were,  
Till by degrees they them to Hell downe-bear.  
Oh then betimes shake off these (k) weights, which presse  
And sinke our Soules to Hell, without redresse.

4.

Rockes (l) cold, hard, dead and senselesse are, (m) Sins make  
All such, within whose Hearts they Lodgings take:  
Beware then how such Guests we entertaine,  
By which our Soules are deaded, hurt and Slaine.

5.

Rockes make men oft to stumble, slip, and fall;  
And break their Bones, Limbs, Neckes, oft times withall:  
Sinnes (o) doe the like. If then we would be free  
From Slips and Break-neck-falls, we must them flee.

6.

Rockes are (p) deformed, horrid, barren, vile;  
And so are (q) sinnes, with all whom they defile.  
These make Men ugly, filthy, Steril, base,  
And all their Glory, Beauty quite deface;  
Yea, change them into (r) Monsters, wolves, dogs, swine;  
Nay (s) Fiends incarnate. O then Sinnes decline!

7.

Where (t) Rockes once fixe their Stations, they remaine,  
And none but God can move them thence againe:  
So Sins once settled in Mens Hearts, there (v) stand  
Fast centred, till Gods owne Almighty hand

Expell

*Expell them thence. O then let no Sinnes lye  
Upon our Soules, but out them presently,  
Lest they should (\*) settle; for if once they rest  
Within them, they are hardly dispossess.*

8.

*Rockes are (s) exceeding hard to batter, breake,  
Mine, pierce, demolish. So let all Men speake,  
And they must say, that (c) all Sinnes are so too,  
We ruine, breake them still with much adoe.  
He who doth thinke his Sinnes with ease to quell,  
Shall never tame, nor from him them expell.*

9.

*Rockes make their Dwellers (a) fearelesse, and secure  
Of Foes or Perils, and to thinke all sure :  
Sinnes (b) doe the like to those that in them dwell;  
Who feare no dangers till they sinke to bell.  
O then beware lest Sinnes make us secure.  
No State's so ill, as that which seemes most sure !*

10.

*All Rockes are (c) blusblesse, shamelesse, impudent;  
Sinnes are so too, nought can then daunt, relent.  
And by degrees Mens Hearts, Browes they so (d) steele  
That they no Sinne, Blush, shame, disgrace can feele.  
Take heede then lest Sinne, first, us shamelesse make,  
Then Senselesse, Gracelesse, fit for Hells dread Lake.*

11.

*Rocks, stones (e) good grounds of spoyle, and quite deface:  
So (f) sinnes good men deprave, marre shame, disgrace.*

D 3

Rockes

(x) Heb. 3. 12.  
13. Eph. 1. 1. 2.  
3. c. 4. 18. 19.  
Rom. 1. 23. 10  
29.  
(y) Jer. 5. 3.  
Mat. 7. 25. 26.  
Job 41. 24.  
(r) Jer. 13. 23.  
Ephes. 1. (19).  
20. 1 Cor. 9.  
27. Rom. 7. 18.  
10 25. Heb. 12.  
1.

(a) Obad. 3. 4.  
Jer. 21. 13. c.  
49. 16.  
(b) Job 12. 6.  
Isa. 28. 15. 18.  
Deut. 29. 19. 20  
Judg. 18. 7. 10.  
27. Ezech. 28.  
2. 10 12.

(c) Jer. 5. 3.  
(d) Jer. 3. 3. c.  
6. 15. c. 8. 12.  
Ezech. 4. 4. c.  
3. 7. Heb. 3. 23.

(e) 2 King. 3.  
19. 25.  
(f) Ezech. 28.  
24. 26.

12.

(g) Isa. 5. 2.  
2 King. 53. 19.  
25. Mar. 13. 5.  
Mar. 4. 5. 6. Lu.  
8. 6. 7.

(b) 1 Pet. 2. 1.  
2. Jam. 4. 1. to  
12.

(i) Ezech. 24.  
7. 8. Rev. 6. 15.  
16. Numb. 23.

9.  
(k) 2 Sam. 12.  
10. 11. 12. 14.  
Ezech. 16. 36.  
37. 38. Isa. 3. 9.

(l) Ezech. 24.  
7. 8.

(m) 1 King. 13.  
& 14. & 16.

(n) 2 Sam. 12  
1. 12. Psa. 90. 8.  
Ecclef. 12. 14.  
Mar. 4. 22.

(o) 1 Sam. 24.  
2. Job. 39. 1.

(p) Mar. 25. 32.  
33.

(q) Eph. 2. 1. 2.  
3. c. 4. 19. Rom.  
1. 27. to 32. 1  
Joh. 5. 19. 2  
Pet. 2. 13. to  
22.

(r) 1 Pet. 2. 11.  
Ad. 5. 39. c. 23.  
9.

(s) Jer. 39. 1. 2.  
3. Ezech. 29. 18.

Rockes, Stones in fertile Soiles them (g) barren make,  
And nought will spring, or grow there, till men take  
Them thence: So Rockes and Stones of Sinne decay,  
And make Men (b) fruitlesse till remov'd away.  
No fruites of Grace will ever grow, or sprout  
Up in them, till these Stones be digged out.

13.

Great Rockes (i) apparent are to each Mans eye,  
And all both farre and neare may them espie.  
Great Sinnes in all, in (k) Great men specially,  
Themselves to all both farre and neare descry;  
Whence (l) Scripture saith, they are on Rockes Tops set,  
And doe in (m) others worlds of Sinnes beget.  
Let all, but Great ones chiefly, all Sinnes flye;  
Which though kept close, will yet (n) themselves  
descry.

14.

Wilde (o) Goates in Rockes feede, live, and much delight:  
So, wicked Men, stil'd (p) Goates both day and night  
In (q) sinnes and lusts doe wallow, live and joy;  
Though they their foules at last will quite destroy.  
O Madnesse! thus in Sinnes to take delight,  
Which against God, Soule, Body, alwayes (r) fight.

15.

The Steepe high Rockes, and Forts which on them stand  
Are never (s) scal'd, or won but by strong hand;

Much

Much Paines, Long Seige, or Famine, which doe pine,  
Or starve their Men, and cause them to resigne.  
The steepe, high, craggie Rockes and Forts of sin  
Within us, none can ever (t) Scale, force, win,  
But by strong hand, much cost, paines, sweate, strife, care,  
Long Seige, and Fast, by which they starved are,  
And forc'd at last for very want to yeeld,  
Where else they would have made us leave the field.  
Its then no easie thing to conquer Sinne :  
They must bestir them who its Forts would winne.

16.

Rockes, (v) wrecke, sinke, breake Ships, Boates : So Sins  
oft (x) split

And drowne those Soules which on them dash or hit;  
Not in Sea-waters, but in Lakes of fire,  
Where they shall ever feele Gods searching Ire.

17.

Instruct us then, O Christ, our Rocke, to shun  
All Sinnes as Rockes, and not on them to run,  
For feare of ruine, and still give us Grace  
To flye these Rockes of Sinne in every place,  
With greater care than (y) Sea-men doe avoyde  
Those noted Rockes, which thousands have destroyed;  
Not once presuming to approach or hit  
Against such Rockes, as others Soules have split.  
And since sunke Rockes of (z) secret Sinnes that lye  
Hid in our Hearts, and (a) worldly jollity,  
Mirth, Pastimes, Pleasures, (where we least suspect,  
Or feare a danger) most soules still have wre:kt;  
Teach us these Rocks to see, and then to flye  
With chiefest care, and them not to come nigh.

Yea

(t) 1 Cor. 9.  
27. Rom. 7. 18.  
10 25. Mat. 17.  
28. Luk. 2. 37.  
1 Cor. 7. 5.  
2 Cor. 6. 5. c.  
11. 27.

(v) Aft. 27. 29.  
(x) 1 Tim. 6. 9.  
Rev. 21. 18.

(y) Aft. 27. 29.  
(z) Psa. 19. 12.  
Job 34. 32.  
(a) Jam. 5. 1. 5.  
Isa. 22. 12. 13.  
14. c. 5. 12. 13.  
14. c. 47. 7. 8. 9.  
Zeph. 2. 15.  
Job. 21. 10 12.  
13. Amos. 6. 3.  
10 8. c. 8. 13.

Yea, sith no Sea so fraught with Rockes can be,  
 As this whereon our Soules sayle towards Thee:  
 O Shield us from these Rocks by thy great Power,  
 Which else will Split and Sinke us every houre:  
 That so we may at last arive secure  
 In Heaven's blest Port, where Joyes for aye endure.



### Meditations of the third Sort, sui- ting Rockes, and Gods Elect to- gether.

**B**esides, these Rockes present before our Eyes  
 The State of Gods Elect, in lively wise.

#### I.

*Rockes fixed are, not tossed to and fro,  
 With every Winde, Storme, Tempest: Even so  
 Gods Chosen Sheepe with (c) firme and stable Hearts  
 Adhere to Him in all their Troubles, Smarts:  
 No Stormes, Windes, Crosses, Changes can remove  
 Them from his Word, Sonne, Spirit, Truth or Love:  
 When (d) Troopes of others shrinke, and fall away,  
 They cleave to him as to their onely Stay.*

(b) Job 18:4.  
 Mat. 7. 25. 26.  
 (c) Rom. 8. 35.  
 36. 37. 38. 39.

(d) Joh. 6. 66.  
 67. 68. 2 Pet.  
 1. 10. 11.

#### 2.

*Rockes many (e) Winds, Stormes, Tempests undergee:  
 And doe not all the (f) Saints, whiles here, doe so?*

(e) Mat. 7. 25.  
 26.  
 (f) Psal. 34. 13.  
 Act. 23. 22. Psa.  
 73. 14.

3.

Rockes meekely beare and suffer Stormes that fall,  
And never fret, rage, or repine at all:  
Gods (g) Saints without all murmur, fret, or cry  
Their Crosses, Losses beare most quietly;  
Submitting unto God, whose Providence  
All bitter Potions doth to them dispense.

(g) Psal. 39. 2.  
9. 1 Sam. 3. 8.  
2 Sam. 15. 25.  
26. 27. c. 18. 4.  
10. 14.

4.

All men on (b) Rockes may safely build and rest:  
And of all trusty friends, the Saints are best.  
On (i) whom we may all times with trust relye,  
And to them in all Dangers safely flye.

(b) Mat. 7. 25.  
26.  
(i) 3 Ioh. 5. 6.  
Prov. 17. 17. c.  
18. 24. Joh. 15.  
13.

5.

Rockes (k) bare and ragged are: The Saints oft  
(l) Poore,  
In outward State; but seldome begge at doore.

(k) Isa. 2. 21.  
Ezech. 26. 4.  
(l) Psal. 37. 26.  
Jam. 2. 5. 1 Cor.  
4. 11. 12. c. 16. 1.  
2. 2 Cor. 6. 10.  
c. 8. 2. 4. Rom.  
15. 26.

6.

Yet though Rockes Outsides be but base and rude,  
They richest Mines within their wombes include:  
So though Saints Outsides be but ragged, base,  
Within them (m) bidden lye gold-Mines of Grace.

(m) Jam. 2. 5.  
Psal. 45. 13.  
Ephes. 3. 19.  
Phil. 1. 11.  
Col. 1. 9. 10.  
11. Heb. 11. 37.  
38.

7.

Stones digged out of Rockes and hewed square  
The (n) fairest Temples, Buildings make that are.

(n) 1 King. 5.  
17. 18. c. 6. 7. 8.  
c. 7. 3. 10. 11.  
2 Chron. 2. 8.  
3. 2 King. 12.  
12. Ezech. 40.  
42.

E

So



(o) Psal. 14, 4.  
 12. Isa. 11. 31.  
 12. 1 Cor. 3.  
 16. 17. 2 Cor.  
 6. 16. Ephes.  
 2. 21.

So Gods Elect, though vile whiles that they lye  
 In Natures Quarries in deformitie;  
 Yet hew'de out thence, squar'd, polisht by Gods  
 Grace,

And layd in order in their proper Place,  
 Become (o) rich Temples wherein God doth dwell,  
 And doe all other structures farre excell,  
 In worth, and glory: Lord thus square, and lay  
 Us in these Sacred walls, which last for aye.

8.

(p) Psal. 131. 1.  
 2. 3. Col. 3. 1.  
 2. 3. Heb. 11.  
 13. 14. 15. 16.  
 24. 25. 26. 35.  
 36. 37. 38. 2  
 Cor. 4. 9. 10  
 13.

Rocks for the most part lowly are and meeke:  
 The (p) Saints are so, and no high places seeke;  
 In this vaine world, where they dejected lye  
 Till God advance them to the Starrie skie.

9.

(q) Exod. 32.  
 11. to 15. Jam.  
 5. 16. 17. 18.  
 2 King. 2. 12. c.  
 6. 9. to 24. c. 8.  
 9. c. 25. 6. Gen.  
 28. 23. to 25.  
 Act. 27. 24. 2  
 King. 13. 14.  
 22.

Rocks Kingdomes, Islands guard and fortifie  
 Gainst raging Seas, Floods, Stormes, and Enemie:  
 (q) Saints holy Lives, and frequent Prayers ar  
 States surest Guards, Forts, both in Peace and war;  
 These Shield-off Judgements, Foes, Plagues, yea Gods Ire,  
 Which else would waite, and scorch them worse  
 than Fire.

10.

(r) Numb. 20.  
 10. 11. 12.  
 Deut. 8. 15.  
 Psal. 105. 41.  
 (s) Isa. 61. 1.  
 c. 47. 3. 2  
 Cor. 1. 4. 5.

Rocks from their Sides send forth (r) Springs sweete  
 and pure,  
 Mens Thirst to quench, their wounds and sores to cure:  
 And who but Christ and Saints can (s) Comfort bring  
 To Sinne-sicke Soules, and those who feele the Sting  
 Gripes, Torments, Flames of Hell and Conscience?  
 Or binde up broken hearts, and chase from thence

All



*All feares and horrid Terrors? Which an Hell  
On Earth oft make in those wherein they dwell?  
Hence all such wounded Soules doe ever fly  
To (t) these for Comfort in extremity:  
Since no ungodly wretch can cheare, or ease  
A Sinne-sicke Soule, nor aking Heart appease.*

(t) 2 Cor. 1.4.  
5.6. Act. 9.10.  
10.20.

11.

*Rockes most despised and neglected are,  
As worthlesse Creatures: Thus Gods Saints oft fare  
(v) Contem'd, abhor'd of Most, as vile and base,  
Though of Mankinde the onely Pearles, Starres, Grace.*

(v) 1 Cor. 4. 9.  
10.13. Heb. 11.  
36.37.38. Mal.  
3.14. to 18.

12.

*Rockes hurt no Shippes, Boates, Men, but such as  
(x) hit  
Themselves against them; and so breake or split:  
So Gods Elect doe never hurt, breake, quash  
Any, but those who (y) wilfully rune, dash,  
Bruise, breake themselves against them; who must check  
And blame themselves, not them, for this their  
wreck.*

(x) Act. 27.39.

(y) 1 King. 13.  
4.6. Act. 9.4.5.

13.

*God first ingrav'd his Sacred Lawes upon  
A Marble Rocke (z) a Table made of Stone;  
Not brittle Glasse, soft Paper; that they might  
Out last all time: God, still, his Lawes doth write  
On hardest Rockes; Saints stable (a) Hearts, whereby  
They Time survive, and gaine eternity.  
The two first Stony Tables whereupon  
God stamp't his Lawes, broke, lost were long ago:  
These harder Tables of Saints Hearts remaine,  
And in them Gods blest Lawes for aye retaine.*

(z) Exod. 24.  
12. c. 31. 18. c.  
34.29. Deut. 4.  
13. c. 5. 32. c. 9.  
10. 11. 15. 17.  
(a) Jer. 31.33.  
2 Cor. 3. 3.

(b) Ezech. 11.  
19. c. 36. 26.

Lord, I my heart a (b) *Rocke have made* : O carve  
Therewith thy Lawes, from which it may not swarve.  
And since it shall out-dure the firmeſt Rocke,  
O, this rich treaſure ever in it locke!  
Yea, make each Saints Stone-Heart the Treafury  
Of thy ſweete Lawes, for all eternity.

14.

(c) Luk. 13. 23.  
24. Iſa. 17. 6.  
(d) 1 Pet. 1. 1.  
2. Heb. 11. 36.  
37.  
(e) Pſal. 38. 20.

Rockes in moſt places thinly ſcattered are;  
Saints in all places are moſt (c) *thinne and rare*.  
(d) *Diſperſed here and there, where hid they lye*  
*In ſecret Corners in obſcurity*;  
*Driven from Country, Lands, Houſe, Home, by thoſe*  
*Who for their (e) Goodneſſe onely are their Foes.*

15.

(f) Iſa. 33. 12.

Rockes burnt to (f) *Lime, doe faſten, joyne, ſement*  
*Stones in all Buildings, and them free from rent* :  
Yea, laid on barren Grounds where nought would  
ſpring,

(g) Eph. 4. 3.  
to 17. Rom. 15  
5. 6. 7. c. 16. 17.  
18. 1 Cor. 1. 10.  
11. 12. 13. c. 12  
4. to 31. Phil. 1.  
27. 28. Jud. 3. 4.  
Rev. 2. 14.  
(b) Aſt. 26. 17.  
18. Rom. 1. 13.  
c. 15. 18. 19. 20.  
Col. 1. 6.  
(i) Zech. 9. 16.  
2 Sam. 12. 30.

They make them fertile, and great Crops to bring:  
So Gods Elect, when melted by the Flame  
Of his ſweete Spirit, (g) *knit, unite the Frame*  
*And Stones of his Church here on Earth together,*  
*And keepe out Errours, Sects that would it ſever* :  
Yea, ſent to barren Soiles where grew no Grace,  
They make them (b) *fruitfull, and in better caſe.*

16.

Rockes cut and poliſht, turne to richeſt Gems  
Become Kings Treafures, (i) *crowne their Diadems.*

Saints

Saints squar'd and polisht from their drosse by  
Grace,

Prove *Gods rich* (\*) *Jewels*, in *his Crowne* have place.

Lord so refine me that I may be set,

A Stone, Pearle, Jewel in thy Coronet.

Amidst those Saints which thou reput'st such Gems

As farre excell, out-shine all Diadems.

(\*) Mal. 3. 17.

Sweete Jesus make me of thy Chosen Flocke,

That I, like them, may be a blessed Roke.



Meditations of the fourth Classe,  
sampling *Rokes*, and Rockie  
Hearts, with ungodly Men, to-  
gether.

**Y**Et more, me thinkes Rokes represent to all  
Mans Rockie Heart, and Nature, since the fall,  
In some Respects, wherein they well agree  
With Stony Hearts; from which God make us free.

I.

*Rokes* are exceeding (1) *Shamelesse, Impudent;*  
Nought will them daunt, or cause for to relent  
So men of Stony Hearts, have (m) *Browes of Steele,*  
*Faces of Roke, which no blush, shame can feele.*  
No shamefull Sinne, Convictions, or Disgrace  
Will daunt, or cause them once to hide the Face.

(1) Jer. 5. 3.

(m) Jer. 3. 3. c.  
5. 3. c. 8. 12.  
Ezech. 2. 4. c.  
3. 7.

(n) Phil. 3. 19. It is *their* (n) *glory to be voyd of shame,*  
And vaunt of that which doth them most defame.

2.

(o) Josh. 10. 10. Rockes shew no mercy, but to (o) *peeces mall,*  
Judg. 9. 53. 54. *Breake, bruise, or hurt, all those on whom they fall.*  
Zech. 12. 3. *So men of Rockie hearts are (p) mercilesse,*  
Luk. 13. 4. 2. *And breake, bruise, teare, crush, all they doe oppress.*  
Chron. 25. 12. *No Cries, Parts, Vertues, Merits can asswage*  
(p) 2 King. 8: *Their cruell Projects, nor divert their Rage.*  
12. 13. Gen. 5. *O let me rather fall into the Pawes*  
7. Psal. 71. 4. *Of (q) Beaves or Lyons, than an hard Hearts Javes.*  
Prov. 12. 10.  
Jer. 6. 23. c. 50.  
42. Psal. 27. 12.  
Ezech. 34. 4.  
(q) Prov. 17.  
12.

3.

(r) Isa. 47. 2. Rocks make those (r) *Milstones* which doe grinde,  
bruise, teare  
(s) Exod. 1. 12. The Corne we use, to make us Bread, or Beere:  
c. 4. Isa. 3. 15. So men of Rockie Hearts still serve to (s) *grinde,*  
*Presse, bruise Gods Chosen,* till they be refine  
From all their Huskes of sinne, and made meete  
Food  
For Gods sweete Pallate, to their greatest Good.

4.

(t) Deut. 8. 9. Some Rockes burnt in the Fornace harder grow;  
Job 28. 2. And nought but (t) *Steele, or Iron from them flow :*  
Which serves to breake, hew, polish, fit, and square  
Rude Rockes and Stones, and Stately piles to reare:  
Gods fiery Fornace *Rockie Hearts makes more*  
(v) Isa. 1. 5. 6. *(v) Hard, and obdurate than they were before;*  
2 Chro. 28. 22. *Yea all its scorching Heate the which they feele,*  
23. *Serves but to turne them into harder Steele,*

Of

Or Iron; for to breake, hew, polish, pare  
The Rockes and Stones which God layes in the  
rare

And choifest Buildings of his Church: whose walls  
Are (\*) *built*, not ras'd, with these hard Iron Malls.  
And Toolles of Steele, though they *no* (γ) Part nor  
share

*Have in the Temples which they helpe to reare.*

(x) Exod. 1.

12. c. 4.

(y) Aq. 8. 21.

5.

The most mischievous Instruments of war  
Wounds, Bloodshed, first from (τ) *Rockes extra-*  
*cted ar ;*

As Canons, Musquets, Bullets, Sword, Bills, Speares  
With other weapons, where with Man kills, teares,  
Torments, Maimes, Stabs his Brother in despite,  
As if he did in nought but Blood delight:

So from Mens Stony (α) *Hearts first flow and spring*  
*All Mischiefes, Murders, Warres, Sinnes, each ill thing:*

These were the Artifts which did first invent  
Each bloody, murth'ring, warlike Instrument;  
The Shops in which they forged were, the Armes  
That weild them still, & work a world of Harmes.  
O cursed Hearts of Rocke from whence doe flow  
All Evills, Mischiefes, woes we heare, see, know !  
Lord free and ever keepe us from such Hearts,  
Which are the Cause of all our Sinnes, Ills, Smarts.

(τ) Job 28. 2.

Deut. 8. 9.

(α) Mat. 15. 19.

Gen. 6. 5. c. 8.

21. c. 27. 41.

6.

*Rockes make those in them (b) carelesse, Proud, Secure*  
*From feare of Danger : Stony Hearts are sure*  
*To make all (ε) such, in whom they a e, and snare*  
*Them in great Mischiefes ere they be aware.*

(b) Obad. 3. 4.

Jer. 21. 13. 14.

c. 49. 16.

(ε) Il. 47. 7. 8. 9.

10. 11. c. 5. 19.

*Rockes*

(d) Job 41. 24.  
Jer. 23. 29. Nah.  
1. 6. Jer. 5. 3.  
(e) Isa. 1. 5. 2  
Chron. 28. 22.  
Exod. 5. 10. 13.  
Jer. 5. 3. c. 2. 30.  
Isa. 9. 30. Amos  
4. 6. 10. 14. Rom.  
2. 4. 5.  
(f) Exo. 31. 18.  
c. 34. 1. 4. 29.  
(g) Ezech. 11.  
19. c. 36. 26. Jer.  
32. 39.

Rockes are (d) exceeding Hard; and sooner broke  
Than squar'd or polish'd with the Axes stroke:  
Mens Stony Hearts so hard and flinty are,  
That all Gods Axes, Judgements (e) cannot square  
Them to his Rules, nor cause them to amend,  
And sooner breake than rent, or make them bend.  
He who in hardest (f) Stones of old imprest  
His Sacred Lawes, upon a Rockie Brett  
Cannot ingrave them: Lord what Hearts of Flint  
Have Men, whereon thy Lawes can make no Print!  
Nought but Christs blood these (g) Adamants can  
thaw  
And square them to the Models of Gods Law.

## 8.

(h) Isa. 26. 10.  
11. c. 1. 5. c. 9.  
30. Jer. 5. 3. 2  
Chro. 36. 14. 15  
16. Jer. 25. 3. 10  
15. c. 29. 19. c.  
32. 33. Amos.  
4. 6. 10. 13. Hof.  
6. 4. 5. Rom. 2.  
4. 5.  
(i) Ezech. 26.  
4 Amos 6. 12.  
(k) Ezech. 11.  
19 Math. 13. 5.  
6. 20. 21. Mar.  
4. 5. Luke 8. 6.

No heate of Sunne or Fornace Rockes will melt,  
But harden rather, and their Heat's not felt:  
Gods (h) Sun-shine Mercies, and his sweetest Grace;  
His fiery Fornace, and his frowning face,  
Mens Rockie Hearts will neither warme, relent,  
Affect, melt, change, nor move them to repent.

## 9.

Most Rocks are (i) barren, yeelding nought for Back  
Or Belly, that Mankinde or Beasts doe lack:  
Mans (k) Stonie Heart's as Barren: no good Thing,  
No Fruits of Grace, Faith, Vertue in it spring.

## 10.

(l) Judg. 8. 7.  
16.  
(m) Heb. 6. 8.  
Rom. 1. 24. to  
32. c. 2. 4. 5.

Thornes, Thistles, (l) Brambles, Wiedes of Rockes oft  
grow;  
All Stony Hearts with these, still (m) over-flow:  
Fruit-

*Fruitefull in nothing, but those tares of vice,  
And sinne, which barre them out of Paradise.*

11.

*Rockes Deafe and Sencelesse are of good, and ill :  
Hard (n) Hearts are so, and neither can, doe, will;  
Gods Word, Law, Workes regard, Heare, understand;  
Nor, feare his angry; kisse, his soothing hand.*

12.

*The fiercest Stormes, (o) Winds, Waves, on Rockes doe  
dash :  
Gods (p) Sorest Judgements Stonie Hearts doe last :  
And though they seldome feele Gods stroke or  
Curse;  
This nothing Mends, but (q) makes their Case farre  
worse.*

13.

*The pleasant Showres, Drops, Dewes that on  
Rockes light.  
Make them not fruitfull, nor in better plight:  
But glide away forthwith, not sinking downe  
To make them Mellow, good, or sinne to drowne :  
So Rockie (r) Hearts, though they receive the raine,  
And frequent showres of Gods blest Word; remaine  
Still Barren, Hard, and Sencelesse; nought will stay  
That drops upon them, but all slides away  
That's Good or Sacred; onely Flouds of (s) sinne  
Sinke downe with speede, and freely enter in.*

F

None

(n) Ephes. 4.  
18. 19. 1 Tim.  
4. 2. Proverb.  
23. 35. Deut. 29  
2. 3. 4. Isa. 6. 9  
10. 2 Chron.  
36. 15. 16.

(o) Mat. 7. 25.  
26.  
(p) Deut. 28.  
15. 10. 68. 1.  
Sam. 5. 7. 2.  
Chron. 21. 19.  
Ezech. 14. 21.  
Mich. 2. 10.  
Heb. 10. 29.  
(q) Ephes. 4.  
18. 19. Rom. 2.  
5.

(r) Heb. 6. 7. 8.  
c. 3. 13. 8.  
Mat. 13. 5. 6.  
Isa. 28. 10. 13.  
2 Chro. 36. 15.  
16. Jer. 23. 3. 4.  
c. 35. 15.  
(s) Job 15. 16.



14.

(t) Luk. 8. 6. *None craggie (t) Rockes will Till, Plough, Plant, or Sow;*  
13. Amos. 6. 12.

(v) 2 Chron.  
36. 15. 16. Jer.  
23. 3. 4. Mar. 7.  
6. Prov. 9. 7. 8.

Their Labours lost who doe it, nought will grow.  
Obdurate Hearts few use to Plough or Till  
With Godly Precepts, Counsell; sith they still  
(\*) Neglect, deride, contemne them; so as all  
The seede is lost which on the Rockes doth fall.

15.

Rockes blunt, and hurt the edge of Toolles that  
smite,

(x) Pro. 9. 7.  
8. Mar. 7. 6.  
Prov. 15. 12.  
1 King. 13. 4.  
6. 18. 17. 18. 2  
Chron. 24. 19.  
20. 21. 22. c. 36.  
15. 16. Mar. 23.  
37. Gal. 4. 16.

Or square them for good uses; yea in spite  
Their Chips and Shivers dash against the Eyes,  
Face, Shins of those that hew them. Loe the guise  
Of Rockie Hearts, which (\*) hurt and malice those  
Who checke their sinnes, and hate them as their Foes.  
Yea, let their Pastors in their Ministry  
But touch their Sores, into their Face they flye:  
So zealous are they for those Sinnes, which end  
In hell, when they will not Gods cause defend.  
O that our zeale for God were halfe so much  
As for our darling Crimes, when Men them touch:  
Then would we let them (y) strike wound, lance, yea

(y) Psal 141. 5.  
Psal. 139. 23.  
24. Prov. 8. 9. c.  
29. 25.

Slay  
Our dearest Sinnes; and thanke, not them gaine-say.

16.

(z) Job. 18. 4.

Rockes Cold and Heavie are, and (z) never move  
Out of their Places; nor mount up above

Unlesse

Unlesse perforce; and then they ever (a) bend  
Downe to the Center; whence they did ascend  
So (b) Rockie Hearts are Cold, and lumpish still  
To all that good is; prone to nought but Ill:  
No Love, Heate, zeale to God within them flame;  
His Cause they'le not stir in for Love, nor Shame:  
Their Thoughts, Minds, Cares are fixt on (c) things  
below,

And never upwards Soare to view, mind, know  
The things above; unlesse some (d) sodaine Feare  
Of Death, Hell, Danger up them scruer or reare  
Against their Wills: which past, to Earth they hie  
With greater poyse, and there still groveling lie.

17.

Rocks (e) Dumbe and silent are: So Hearts of Stone  
For good Discourse have neither Tongue, nor  
Tone

Sitting still (f) Mute like stones without voyce, sence,  
When any fall to godly Conference.

18.

Rocks (g) bare and naked are; whence all may spie  
Their Nakednesse, and grosse Deformitie.  
All Stony Hearts, are (h) naked, poore, and bare;  
Their Barenesse, vilenesse, wants exposed are  
To all Mens view; till Christs rich Robes of Grace  
Cloath or Adorne them, and these wants deface.

19.

Rocks Livelesse are; and Stony Hearts are (i) Dead;  
No life of Grace was ever in them bred:

F 2

Yea,

(a) Rev. 18. 2.  
Jer. 51. 63. 64.  
Neh. 9. 11.  
Exod. 15. 5. 10.  
Matth. 18. 6.  
Mark. 9. 42.  
Luk. 17. 2.  
(b) Rom. 2. 4.  
5. c. 1. 23. 10.  
32. Eph. 4. 18.  
19. 2 Pet. 2. 20.  
21. 22.  
(c) Phil. 3. 18.  
19.  
(d) Isa. 26. 11.  
16.

(e) Hab. 2. 19.

(f) Isa. 56. 10.  
Job. 15. 3.

(g) Ezech. 26.  
4.

(h) Ezech. 16.  
3. to 15. Rev.  
17. 18.

(i) Mat. 8. 21.  
Joh. 5. 25. 19.  
Ephes. 2. 1. 5. c.  
5. 14.

(k) Heb. 9. 27.  
Psal. 89. 48.

Yea, all who now draw breath, must shortly (\*) dye,  
(Who knowes how soone) and dead as Rockes  
shall lye.

20.

(l) 2 Chron. 2.  
2. 18. 1 King.  
5. 17. c. 7. 9. 10.  
12.

(m) Ezech. 36.  
26. Joel 2. 13.  
Hosea 6. 5.

Rockes till by force they broken be, and slit,  
(l) Hewd, polishd, for all Buildings are unfit:  
Thus Rockie Hearts till God them (m) rent, hew, square,  
To build his House, Church, Temple, uselesse are.

21.

(n) Isa. 8. 14.  
(o) Rom. 2. 5.  
Eph. 4. 18. 19.

Rockes make Men (n) fall and stumble, to their Paine  
And Hurt: That (o) Rockie Hearts doe thus, tis plaine;  
Since all our Slips, Falls, Bruises, Stimes proceede  
From Stony Hearts, which make us take no heed.

22.

(p) Act. 27. 29.

(q) Rom. 2. 4.  
5. Ephes. 4. 18.  
19. 1 Tim. 6. 9.

Rockes (p) Shipwracke those, who doe too neare them sayle;  
And sunken Rockes to split Ships most prevaile:  
Thus Rockie Hearts unlesse we from them fly  
Will (q) wracke us all; but yet especially  
When neither Felt, nor Seene: for then we run  
With full-saile on them, and are quite undone.

23.

(r) Ephes. 4.  
18. 19.  
(s) Psal. 38. 4.  
Math. 11. 28.  
Job 6. 3.]

Rockes feele no Burthens, weights that on them lie;  
So Rockie Hearts doe never (r) sigh, groane, cry  
Under the Weights and Burthens of their Crimes,  
(Tbough (s) heavier than the Sands a thousand times)

And

And why? because they never feele their poyse  
Till it them sinke to Hell, and quite destroyes.

24.

Not all the Men on Earth, with all their Art  
Can make one Rock, or Stone; much lesse an Heart;  
But *onely* (t) *God himselfe*: yet Men alone  
*Are the* (v) *Creators of all Hearts of Stone,*  
*Not God*: O wonder, that Men should create  
Nought but Hard Rockie Hearts which God doth  
hate:

(t) Joh. 1. 3.

(v) Psal. 95. 8.  
Exod. 8. 15.

Such Hearts can none else but Men, Fathers call,  
Which sinke still downewards, till to Hell they fall.

25.

O then when ever we a Rocke shall see,  
Let these thoughts to our Mindes recalled be:  
Yea, ponder what *Old* (x) *Rockie Hearts we have*  
*By Sinne and Nature: then New, soft Hearts crave,*  
With fervent Prayers, Groanes, Sighes, Teares; so we  
Our Hearts of *Rocke, to flesh transform'd shall see.*  
And if we finde, feele, know by signes most sure  
Our hearts thus changed, and made soft, and pure;  
Let us for ever in Word, Deede, Life, Thought,  
*Extoll and* (y) *praise Him who this Change hath wrought;*  
*Keeping a narrow* (z) *watch both night and day,*  
*Over our cheating Hearts; for feare lest they*  
*Should by degrees freeze, or grow* (a) *hard againe,*  
Yea turne to Rockes, and so for aye remaine.

(x) Ezech. 11.  
19. c. 36. 26.  
Psal. 51. 10. 17.

(z) Aq. 2. 46.  
47. Eph. 3. 20.  
21.

(a) Heb. 3. 13.  
c. 12. 15. Prov.  
4. 23.

26.

Sweete Jesus (b) *take our Stony Hearts away,*  
*And give us hearts of flesh,* we humbly pray;

(b) Ezech. 11.  
19. c. 36. 26.

(e) Prov. 23.  
26.

(d) Psal. 51.  
10.17.

And of all other Plagues, from us avert  
This as the greatelt, an obdurate Heart.  
And since of all our Parts Thou dost *require*,  
*Seeke, prize our (e) Hearts most*; grant us we desire  
Such *broken, contrite tender Hearts*, as may  
Delight Thee most; and never from Thee stray.  
*Such Hearts Thou onely canst (d) create*, not we;  
Make our Hearts such; then happy shall we be.



### Miscellanie Meditations of the fifth Kinde.

**T**O winde up all; Rockes to our Mindes present  
Some other usefull Thoughts, with great  
content.

I.

(e) 2 Chro. 2. &  
3. 1 King. 5. 17.  
18. c. 6. 7. 8. c. 7.  
3. 10. 11. 2  
King. 12. 12. c.  
32. 6.  
(f) Psal 144. 12.  
Isa. 14. 11. 12. c.  
51. 1. Rom. 9.  
11. to 31. c. 8.  
29. 30. c. 11. 5.  
6. 7. Ephes. 1.  
4. 5. 11. c. 2. 4.  
to 22 c. Pet. 2.  
4. 5. 6. 7. 2 Thes.  
2. 13. Mat. 24.  
40. 4. c. 20. 16.  
Mal. 1. 2. 3. Ex.  
33. 19. Jer. 18.  
6. 2 Tim. 2. 9.

*When we behold some (e) Stones with Tooles and Barres  
Dig'd out of Rockes, and taken from the Quarres;  
To build some Stately Church; whiles others stay  
Still there, unwrought; though quite as good as they :*  
It mindes us of that common Rocke wherein  
Mankinde corrupted lay, through *Adams Sinne* :  
*From whence God by (1) Election and meeere Grace  
Culls out some Stones (though few) which he doth place  
Within his Churches Buildings; where they lie  
Fast joyn'd to Christ, for all Eternitie :*

When

When as all others (though as good as they  
And of the selfesame Rocks, Quar, Lumpe, and Clay:)  
Lye still unpolisht, in the rotten Masse,  
And State of Sinne, untill to Hell they passe;  
Without Injustice, since Gods Grace is (g) free;  
And none but for (h) some Sinne shall damned be.

2.

When I consider that all (i) Tombstones, Urnes,  
And Tombes, where Man, \* meeere Dust, to Dust re-  
turnes;

Are broken pieces of some Rocks; I then  
Behold my Tombe-stone, in each Rocks I ken:  
And say; Loe here's the lasting Monument  
Wherein my Body must ere long be pent,  
And shut Close Prisoner, till the (k) Judgement day,  
When all its Rust and Bolts shall fall away.  
Which Thought digested, makes me still amend  
My Life; and fits me alwayes for mine End.  
Let all revolve it oft within their Minde,  
And they shall Treasure, Honey in it finde.

3.

When I behold some people dwell, live, lye  
In (l) Caves of Rocks; I then thinke presently;  
He who a Cottage wants his Head to Hide,  
Shall finde some Rocks, or Hole where to abide;  
In which he may sleepe freer from feares, Foes,  
And Cares, than those whom Castles, Guards,  
inclose.

What neede we care then here for House or Home,  
If these should faile, yet Rocks will give us Rosome

To

Originall or  
Actual.

(g) Hof. 14. 4.  
Mat. 10. 14.  
Rom. 3. 24. c. 8.  
32. c. 11. 5. 6.  
(h) Math. 25.  
41. 42. 43.  
Mark. 16. 16.  
Psal. 51. 4. 5.  
Lam. 3. 59.

(i) Isa. 22. 16.  
Mark. 15. 46.  
\* Gen. 3. 19.

(k) Joh. 5. 58.  
Rev. 20. 12. 13.

(l) Job. 24. 8.  
Obad. 3. Jer.  
48. 28.

(m) 1 King. 17

4. 13. c. 19. 9.

11. 15. Heb. 11.

38. Gen. 19. 30.

Judg. 6. 2. 1

Sam. 13. 6. c.

24. 2. 3. 4. 7.

Exod. 33. 21.

22.

(n) Prov. 2. 4.

Job 3. 21. Mar.

14. 44. Psal. 17.

14. Col. 2. 3.

(o) 1 King. 19.

9. 11. 15. c. 17.

4. 13. 1 Sam. 13.

6. c. 24. 2. 3. 4.

Heb 11. 38. 39

(p) Psal. 88. 8.

Jer. 3. 1. 2. c. 33.

1. c. 36. 5. c.

39. 15. Luk. 3.

20. Act. 5. 18.

21. c. 12. 4.

\* Bonner Imprisoned the Martyr

in his Cole-house

in Queens Maries

dayes.

(q) Heb. 11.

35. 10. 39.

(r) Mal. 3. 17

Isa. 61. 10. Exo.

19. 5. Pl. 135. 4

(s) Psal. 88. 6.

8. 18. Cant. 5. 4.

6. Jer. 30. 2. 3.

Act. 16. 23. 24.

Heb. 11. 36.

(t) Cant. 4. 3.

Psal. 17. 14. Mat.

13. 44. Job 3.

21. Prov. 2. 4.

Col. 2. 3.

(v) Ezech. 34.

4. Joh. 10. 16.

To Lodge and hide in : Here (m) Gods dearest Saints  
Have liv'd, and hid oft times without Complaints;  
And beene more happie in these caved Stones  
Than greatest Monarchs in their royall Thrones.  
Repine not then though Clifts of Rocks should be  
Thine House or Home, sith there thou mayst be  
free,

Safe, blessed, chearefull, and to God more nigh  
Than those who in the fairest Pallace lye.

4.

The precious Jewels (n) Treasures, Stones which are  
Lockt up and hid in our best Rocks, declare  
Gods dearest Saints and Jewels common Case,  
And State on Earth: who thrust out with disgrace  
From House and Home, enforced are to flye  
To (o) Caves and Rocks, where they imprisoned lye:  
Whence driven out againe by bloody Foes  
(Like Gold or Jewels out of Rocks,) they close  
And locke them up againe in (p) Prisons, Goales  
Or nastie Dungeons, amidst filth, dust, \* Coles,  
The common (q) Caskets where these Gemmes, Pearles lye  
Untill some Flames them into Ashes frie.  
Yet courage Noble Soules, whiles thus you fare  
It's a sure Signe you peerelesse (r) Jewels are,  
And Gods Choyce Treasures, since you under Locke,  
Thus lye, like Gold, Gems in some Casket, Rocke:  
And that you shall be (s) surest kept of any,  
Because kept closest, and not seene of many.  
The choycest Things Men ever closest (t) Locke,  
And Wolves runne loose, whiles God doth (v) fold  
his Flocke.

Rocks



5.

Rockes love to (x) shew, not hide their Nakednesse :  
 Adam and Eve (y) blusht at their Naked Dresse  
 When they beheld it, and did hide for shame,  
 Till they with Coates of Figge-leaves vail'd the same.  
 Those wanton Females then that take delight,  
 Their (c) Naked Breasts, Neckes, Armes, (like some  
 strange sight)  
 To shew to others, without Blush or shame,  
 In spight of God, Men, who them taxe and blame:  
 Are rather shamelesse Rockes than Adams Race;  
 And for the most part voyd of Sence, shame, Grace;  
 If not of Honour, and true (a) Chastitie,  
 Sith most is common which doth open lye.

(x) Ezech. 26. 4.  
 c. 24. 7. 8.  
 (y) Gen. 3. 7.  
 10. 11. 21. c. 9.  
 22. 23.

(z) Ezech. 16.  
 36. 37. Hosea 2.  
 2. 3. 4. 2 Cor. 5.  
 5. Revel. 3. 17.  
 18. c. 16. 15.  
 Gen. 9. 22. 23.  
 Heb. 2. 15. Isa.  
 47. 3.  
 (a) Hosea 2. 2.  
 3. 4. Ezech. 16.  
 35. 36. 37. 38.  
 39. c. 23. 10. 11  
 18. 19. 23.

6.

When we behold Men with much Danger, Swet,  
 Paines, Trouble, vilest wrack to gather, get,  
 And draw from Sea-Rockes, for to burne, or dresse  
 Their tilled Grounds, and mend their fruitfulnesse.  
 Me thinks it should wring (b) Teares from us, to see  
 What Paines these take for Dung, whiles they  
 and wee  
 Doe not take halfe the Care, Paines, Travell, Sw et  
 The richest Gems of Grace to digge, fetch, get  
 From Christ our Rocke, which would not onely  
 cheare  
 And warme our Soules, and make them fruite to  
 beare;  
 But them (c) adorne, enrich, store in such wise,  
 That they all else as vile Dung would despise.

(b) Phil. 3. 18.  
 19.

(c) Rev. 3. 18.  
 Psal. 45. 13. 14.

(d) Luk. 13. 24.  
1 Cor. 9. 25.  
26. 27. 2 Pet. 1.  
5. 10.

For shame then henceforth let us take (d) more paine  
These richest Gemmes, than they base wracke to gaine.

7.

(e) 1 King. 19.  
11. Nah. 1. 5. 6.  
Mat. 27. 51.  
(f) Joel. 2. 12.  
13. 10.

When I a Rent or Clift in Rockes espie,  
It mindes me of the dreadfull Majestie,  
And mighty Power of our God which make  
The hardest (e) Rockes for feare to split (f) rent shake  
And duely pondred would in peeces teare  
Our Rockie Hearts, & make them quake for feare.

(g) Mat. 7. 25.  
26.

8.

(b) Ezech. 11.  
19. c. 3. 6. 26.

(i) Rev. 3. 20.  
Isa. 53. 1. 3.

Joh. 12. 37. 38  
39. 40. c. 1. 10.

11. Rom. 10.  
21. Isa. 5. 1. 10.

7. Jer. 25. 5. 10  
8. c. 29. 19.

(k) Jer. 2. 20.  
Isa. 1. 5. c. 3. 9.

Jer. 5. 3. Amos  
4. 6. to 13. Pf.

95. 8. 1. Deut.  
8. c. c. 29. 3. 4. 5.

Josh. 5. 4. Heb.  
3. 8. 9. 17. 2

Chron. 36. 15.  
16. Jer. 25. 4.

108. c. 32. 33.  
34.

(l) 2 Pet. 3. 9.  
Rev. 1. 9. c. 3.

10. Rom. 15. 5.

When I behold Men, Tempests, Waves, Raine,  
Winde,

Beate long on (g) Rockes, and yet no entrance finde;

It makes me see what (h) rockie hearts we have

At which though Christ (who seekes our Soules  
to save)

Doth dayly (i) knocke by his Word, Grace and Spirit,

Saints, Preachers, Motions; and oft times them smite

With sundry Judgements, Tempests, Seas, Males, Winds

To make them open, yet but (k) seldome finds,

Or makes an Entrance: nay though many yeares,

He thus beates on them, yet no fruit appears:

O Hearts more hard than any Rocke, Flint, Steele,

Which all these strokes upon them never fee!

O (l) patient Jesus! who so long canst beare,

With such hard hearts, which will not melt nor teare!

9.

When I behold Rockes, Stones, most ragged, base,  
Rude and deformed in their Native place,

*Hew'd*

(m) Hew'd out from thence, and polish'd by Man-Kinde  
Turn'd into goodly Structures of each Kinde  
And made rich Statues, (n) Jewels, Onches, Gemmes,  
Yea, set in Gold and royall Diadems.

I thence conelude, that God with much more ease  
Speede, Art, can turne, when ever he shall please,  
The (o) hardest, vilest, rockie Hearts that are  
Into rich Temples, Jewels, Gemmes most rare;  
Yea set them in Christs very royall Crowne  
Like precious stones unto their great renowne.  
As he did (p) Paul, (q) Manasses, and all those  
Molt glorious Saints which Heav'n doth now in-  
close.

Let no man then though ne're so meane, vile, base,  
Lewd, sinfull, once despaire of Gods free Grace,  
Which in a moment can (r) change and translate  
Him from his wretched to a glorious state.

10.

When as I see the (s) waters that doe streame  
And gush from stony Rockes, me thinkes they seeme  
A lively Image of those (t) Teares that flow  
From Rockie Hearts, when they once tender grow.  
Through Gods sweete Grace and Spirit, which  
can melt

The hardest Hearts to Teares, and them relent  
As He did Rockes of Old, whence (v) water gush't  
By streames when He them either smote or crush't.  
Blessed Lord Jesus, soften, breake, relent  
Our Hearts of Rocke, and cause them to repent,  
And send forth Streames, nay Floods of Teares to  
wash,  
Our sinnes away, and all their force to quash.

G 2

Eagles

(m) 1 Chron.  
2. & 3. 1 King.  
5. and 6. & 7.  
(n) Zech. 9. 16.  
2 Sam. 12. 30.  
(o) Ezech. 36.  
26. 1 Cor. 3. 16.  
17. 2 Cor. 6.  
16. Ephes. 2.  
21. Mal. 3. 17.  
(p) 1 Tim. 1. 13  
14. 15. 16.  
(q) 2 Chron.  
33. 12. to 20.

(r) Ephes. 2. 1.  
2. 3. 4. 5. c. 3.  
20. 21.

(s) Job 28. 10.  
Pl. 105. 41.  
(t) 2 King. 20.  
5. Job 16. 20.  
Lam. 2. 18. Jer.  
9. 1. 8. Luk. 7.  
38. 44. Act. 20.  
19. 31. Mat. 26.  
75.  
(v) Psal. 105.  
41. Exod. 17. 6  
Numb. 20. 11.  
12.

## 11.

(x) Job 39. 28.

29. Jer. 49. 16.

(y) Psa. 103. 5.

Isa. 40. 13. Mat.

24. 28. Luk. 17.

37.

(z) Ephes. 2.

20.

(x) Eagles in lofty Rocks still breed and lye,  
 And from their Toppes their Prey farre off espie:  
 Gods chosen Saints whom Scriptures oft compare  
 To (y) Eagles, upon Christ high mounted are:  
 (The tallest Rocke) on whom they (z) build, lodge,  
 stay,

And thence they seeke, finde, take their sacred prey.  
 Lord make our Soules with Eagles wings to flye,  
 To this sweete Rocke, and there to live and dye.

## 12.

(a) Job. 28.

10. Psa. 104.

10. 11. 12. 13.

14.

When I contemplate how Rockes (a) Christall  
 Springs

Which serve to moisten, soften other Things,  
 Make trees, herbes, grasse, plants, flowers spring and  
 grow;

And quench the Thirst of all things here below;  
 Yet neither moisten, soften, fructife  
 The Rockes themselves, still barren, fruitlesse, dry:  
 Me thinkes I view in them some Rockie Hearts,  
 Endew'd with rare, rich, profitable Parts  
 Of Art and Nature, which doe good to many,  
 Yet to their Owners good, they doe not any.  
 How many Preachers others helpe to save

(b) Mat. 22. 7.

1 Cor. 9. 27.

Yet (b) damne themselves? and whiles they others  
 gave

The Food of life, have starv'd themselves to death:  
 Others made Fertile, themselves barren Heath?  
 How many (c) wise to teach, rule, counsell all  
 Except themselves, and so through folly fall:

(c) 2 Sam. 16.

23. c. 17. 23.

Its hardly worth the Name of Good Art, Skill  
 That betters others, makes the Owners Ill.

When

13.

When Iespie Rockes trampled on by all,  
Christs and true Christians States, to minde I call.

(d) *Trod under feete, with all contempt, spite, hate  
Througout the world, and valu'd at no rate.*

Complaine not then of any dis-respect.  
No greater Honour than Ill mens neglect.

(d) Isa. 53. 2. 3.  
4. Mar. 9. 12.  
Psal. 118. 22. 1  
Cor. 4. 9. 10.  
11. 12. 13. 2  
Cor. 4. 8. 9. 10.  
11. c. 6. 4. to 11.  
Heb. 11. 36.  
37. 38.

14.

Each vaste, high-towring, massie Rocke we eye  
Presents to us the strength and Potencie  
Of that Almighty God, whose (e) *Potent Hand*  
*Did in a moment, both by Sea and Land*  
*Raise up so many vaste high Piles, and Packe*  
*Such Massie Rockes on one anothers backe;*  
Without an Engin, by his (f) *Word alone,*  
And them so strongly soder one to one  
That all the Art, Wit, Strength, in Man's to weake  
To rase these Mounts, and them in Peeces breake.  
We wonder much at \* *Stonedge*, where there lye  
*A few large stones, pil'd up not very high*  
*On one anothers head, and thinke it strange,*  
How men such pondrous Stones could reare and  
range,

(e) Isa. 40. 12:  
to 18. Psal. 89.  
13.

(f) Psal. 148. 5.

\* See Camdens  
Brittania Will-  
shire.

In such a manner, though these great stones be  
But Pigmies, Pibbles to the Rockes we see.  
How much more then with wonder and amaze  
Should we upon those Massie high Rockes gaze  
Which them so far in Bulk, weight, height exceed,  
And may true admiration in us breed  
Of Gods Almighty Power, which could raise  
Such grand, rare, lasting Trophies to his praise.

G 3

To

(f) Isa. 40. 12.  
15.

(b) Psa. 113. 7.

8. 1 Sam. 2. 7. 8.

(i) Psa. 2. 9.

Psal. 107. 40.

To which all Structures made by men doe seeme  
But Mole-hills, Attomes, and of no esteeme.  
He who such heauey Rockes could make, lift, reare,  
(g) *Weigh, tossè with ease*, as if they feathers were;  
With greater ease can lift and elevate  
*His humbled Saints out of their (h) lowest State :*  
*And in an instant into (i) shivers dash,*  
*All who with Him or Them presume to clasp.*

15.

(k) Job. 14. 9.

(l) Gen. 3. 19.

Ecclef. 3. 10. c.

12. 7.

(m) Psa. 103. 14.

15. 16. Psa. 90.

5. 6. Isa. 4. 6.

7. 8. Job 14.

1. 2. Jam. 1. 10.

1 Pet. 1. 24.

When we discerne the Sea, and Time to (k) *weare*  
*The very Rockes*, and them to waste, eate, teare;  
Thinke and contemplate then, how time, age, space  
All things consume, walte, weaken and deface;  
But chiefly Men, compact of (l) *Dust*, not stone  
Who fade like (m) *grassè*, are in a Moment gone.  
How can meere Dult and Ashes thinke to last,  
When time and age the hardest Rockes doe wast?

16.

(n) Obad. 3.

Jer. 49. 16. c.

21. 13.

Those who in lofty, fenced, sleepe Rockes dwell  
Are (n) *haughty, proud, secure, and farre excell*  
Most others in these vices, slighting all,  
As if no Mischiefe could upon them fall.  
Whence sodaine Dangers, Ruines them surprise  
(To quell their Pride) from those they most despise;  
Thus carnall Men advanc'd and fortifide  
With potent Friends, wealth, Honours, *swell with*  
(o) *Pride*;

(o) Ezech. 28.

2. to 29. Isa. 47.

7. to 12. Rev.

18. 7. 8.

*Deuide all Dangers, Foes, grow so secure,*  
*As if their Props and Stayes shou'd still endure.*  
Whence God their Pride to punish and abate  
Casts them downe head-long by some sodaine  
Fate.

Which

Which should make all, but great men specially  
Beware of Pride, and grosse Security,  
The *sad* (p) *Fore-runners of a certaine fall,*  
Which them and theirs will soone to peeces mall.

(p) Prov. 16. 18  
Rev. 18. 7. 8.

17.

When as we see Men with must cost and paine  
To Mine the Rocks, and Treasures thence to gaine  
Of sundry Sorts; where with they much increase  
Their wealth, and make things meete for warre  
and Peace :

It forth-with mindes us how with farre more care,  
Cost, Paines, Sweat, Labour all who Christians are,  
Should dayly (q) *Search, and Myne for richer Oare*  
*In Christ their Rocks, in whom there is such store*  
*Of peerelesse Mines, and Treasures of each Kinde*  
*As well content, yea (r) fill the vastest Minde;*  
And store all Christians with all Things they need  
In Peace and War, Life, death ! Let this then breed  
A Resolution in us, still to Mine,  
And draw these Treasures from this Rock Divine.

(q) Prov. 2. 4.  
Col. 2. 2. 3.  
Mat. 13. 44.

(r) Ephes. 1. 23  
Joh. 1. 16.

18.

Whiles that we view Men Rockes to smite, pierce,  
rent

With Sledges, Axes, or like Instrument;  
We then should ponder, how we all each day  
Our blessed Rocke Christ Jesus (s) *smite, stab, slay*  
*A fesh with those accursed Sinnes and Crimes*  
*Where-with we grieve, pierce, wound Him at all times :*  
Which Thought should turne the Edge, and Point  
of all

Our Sinnes from Him; upon our selves to mall

Break

(s) Amos 2. 13.  
Heb. 10. 29. c.  
6. 6. 2 Pet. 2. 1.  
Rev. 1. 7.



Breake, wound our Rockie hearts, because we rent,  
Abuse Christ thus; and cause us to repent.

19.

When we espie Rockes dart out Sparkes of fire  
When smote, or cut with Toolles of Steele or I're:  
It sweetely mindes us, how the *Hand of God*  
*Smiting upon us with an<sup>(1)</sup> Iron Rod*  
*Should from our Hearts of Rocks extract and draw*  
*Such sacred Sparkes, yea flames as should them thaw,*  
*Purge all their Drosse away, and them inflame*  
*With a most ardent Love, unto his Name.*  
Lord when thy Rod shall ever on us lye,  
Let it such Sparkes, and Flames in us excite.

20.

Springs, Quarries, Mines in Rockes, ne're drawne  
quite drie;  
Present most sweetely to each Minde and Eye  
The *(v)* *inexhausted, boundlesse, Endlesse Mines,*  
*Springs, Treasures, Stores, and vastest Magazines*  
*Of Grace and Goodnesse, which inclosed lye,*  
*Within the Bosome of the Deity.*  
To feede, feast, fill, enrich, each hungry, poore,  
Sad, pined Soule, with all their matchlesse store.  
The very thoughts whereof our Hearts should fill  
With sweetest Solace, and delight them still.

21.

When I perceive the *smallest Pibble (x)* *sinke*  
*In Floods, as deepe as greatest Rockes; I thinke*

How

(1) Psal. 2. 9.  
10. 11. 12. Isa.  
26. 9. 11. 16.  
Hos. 5. 15. 2  
Chr. 33. 12. 13.  
2 Cor. 8. 2. 1  
Thef. 1. 6. 7. 1  
Pet. 1. 6. 7. 8. 9.  
Jam. 1. 2. 3. 12.  
c. 5. 13. Psal.  
119. 67. 71. 75  
107.

(v) Ephes. 3. 8.  
10. 19. 20. Joh.  
1. 5. 16. Col. 2.  
3. 8. 9. 10.

(x) Exod. 15.  
5. Neh. 9. 11.  
Jer. 51. 63. 64.  
Mat. 18. 6. Rev.  
18. 21.

How smallest Sinnes are deadly, and as well,  
As soone almost, as Great, sinke Men to Hell.  
O then beware of all sinnes, *since the small*  
*As well as great to (y) Hell thus tend and fall.*  
Let Papists talke of Veniall sinnes, I trow  
No sinne is veniall, when all sinke so low.

(y) Rom 6.23.  
c.7.24.25. Ec.  
12. 18. Math.  
12.36.37.

22.

The worthlesse Rubbish in each Rocke exceeds,  
And hides the Mines and Precious stones it breeds:  
Yea, richest Mines have ever greater Store  
Of drosse and offall, than refined Oare.

Which pondred, leagnes us, how each Place,

(c) Church breeds

More Bad than Good: that Good Mens Ill, exceeds  
Their Goodnesse: *that the Bad, Good Men obscure*  
*As Rubbish hides, Surmounts the Oare that's pure.*  
Hence Multitude, and visibility  
Appare ill Markes a Churches Truth to trie.

(c) Mat. 7.13.  
14. c. 13. 3, 10  
51. Luk. 13.23.  
24. Rom. 10.  
16. c. 11.4.5.

23.

When (a) Rockes or Stones fall on Men, and them dash  
To peeces, or at least them bruise and quish:

It mindes us how our Rocke Christ (b) grindeth all  
To powder, upon whom he doth once fall.

O then beware how we pull on our backes

This Massie Rocke which Men to peeces crackes.

(a) Josh. 10.11  
Judg. 9.53.54.  
2 Sam. 11. 21.  
Zech. 12. 3.  
Luk. 13.4.  
(b) Isa. 8. 14.  
15. Luk. 2.34.  
Pla. 2 9. Rev. 2.  
27. c. 19. 15.

24.

(c) Rockes keepe from sinking those who walke or Stand  
Upon them, whiles such, who on Bogges, Floods,  
Sand

(c) Psal. 41.2.  
Psal. 61.2.

(d) Psal. 40. 2.  
Psal. 69. 2. 14.  
Mat. 14. 30. Jer.  
38. 6. 20.

Doe walke, (d) rest, stay, sinke downe and mired are,  
Yea oft times drowned without speciall care.  
Hence may we learne that those who walke, rest,  
stay,

Themselves on Christ (the surest Rocke) alway  
Stand firme, safe, stable; never sinking downe;  
Whiles those who on Bogges, Sands sinke, stand,  
and drowne.

O let our feete on this Rocke still abide  
Then are we certaine not to sinke, fall, slide.

25.

(e) Isa. 33. 16.  
(f) Joh. 10. 11.  
14. 27. 28. 29.  
1 Pet. 1. 5. c. 4  
19.  
(g) Luk. 2. 39.  
Mat. 21. 44. Pl.  
2. 9. 10.

Rockes those who dwell upon them fence, (e) defend,  
But those who Scale them, hurt, bruiſe and offend.  
So Christ our Rocke (f) protects his Chosen sheepe  
Who rest upon Him, doth them safely keepe.  
Yet hurts and breakes to (g) peeces all such Foes,  
Who dare presume Him, and them to oppose.

26.

(h) Isa. 2. 10.  
19. 21. Rev. 6.  
15. 16. 17.  
Luk. 23. 30.  
Hos. 10. 8.  
(i) 1 King. 19.  
11. Nah. 1. 5. 6.  
Mat. 27. 51. Isa.  
64. 1. 2. 3. Psal.  
97. 5. Amos 9.  
13. 2 Pet. 3. 10.  
12. Judg. 5. 5.

The sight of Rockes, their (h) Clifts, Caves, Holes  
should Minde,

All of the Day of Judgement, yet behinde:  
So full of dreadfull Terror and Affright  
That (i) Kings themselves, and men of greatest Might  
Shall quake and shake for very feare; and call  
Unto the Rockes and Hills on them to fall;  
And into Caves, Holes, Clifts of Rockes shall flye  
To hide them from the Wrath, Sight, Majestie  
Of Christ our Rocke, before whose dreadfull face  
The Rockes shall then melt, fall, quake, change their place.  
And all the (k) Stout, proud, Rockie Hearts of those  
Who did Himsele, Word, Grace, Saints here op-  
pose.

(k) Isa. 2. 10. to  
18. c. 5. 15. 16.  
2 Thef. 1. 8. 9.  
Jude 14. 15.

Shall

Shall be so daunted, stonish't, strucke with feare  
And Horrour, that they (1) dare not once appeare;  
Till drag'd perforce before Christs Barre and Face,  
Where try'd, convict, condemn'd; with all disgrace  
They shall be cast for all Eternity  
Into Hels fiery Flames, there still to fry.

O let the Terroure of this dismall Day,  
(Which now drawes neere, and we should (m) mind  
always)

For ever scare us from all Sinne, and make  
Our Stony Hearts to melt, bleed, sigh, breake, ake :  
And cause us now with speed to flye and hide  
Our selves within the Holes of Christs pierc'd side,  
Who shall us (n) judge : and then we boldly may  
(o) Lift up our Heads, and Hearts in that great Day  
With joyfull cheare, when others hang them  
downe;

And eke receive a Rich, Large, Massie (p) Crowne.  
Of endlesse Glory, in the Heavens high  
Where we shall reigne for all Eternity.

O Christ (our onely Rocke) of thy free Grace  
Advance, and bring us to this blisfull Place :  
And let each Rocke, Clift, Stone we henceforth see  
Instruct us thus, and bring us home to Thee.

The Conclusion.

**W**ith these sweete usefull Thoughts, and  
thousands more  
The Barren Rockes, our Hearts, and Minds may  
store.

H: 2

When

(t) Psal. 1. 5. 1.  
Per. 4. 18. Mat.  
25. 30 31. 32.  
42. 10 46. 2  
Thes. 2. 8. 9. 10.  
Dan. 12. 2. Joh.  
5. 25. 29. Rev.  
6. 14. 15. 16.  
17. c. 20. 9. 10.  
12. 14. 15.

(m) Jam. 5. 7.  
8. 9. Rev. 22. 20

(n) 2 Cor. 5. 10.  
11. Rom. 14.  
10. 11. 12.  
Rom. 2. 16. Psa.  
143. 9.

(o) Luk. 21. 28.

(p) 2 Cor. 4. 17.  
2 Tim. 4. 8.

(q) Rev. 22. 4.  
5.

When we behold them : and if Natures Booke,  
And Rockes, whiles we upon them dayly looke,  
Can teach us Nothing which our Lives may mend,  
Or cause our Hearts, Minds, Thoughts up to ascend  
To Christ their Rock, God, and the Things above,  
Them to contemplate with the greatest Love,  
Our Hearts are Rockie; We, quite voyd of Grace;  
And Rockes than we, are yet in better Case.

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*FINIS.*

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A  
**CHRISTIAN**  
**SEA-CARD.**

Consisting of sundry Poeticall *Me-*  
*ditations*, raised from the *Contemplation* of the  
*Nature and Qualities* of the *Sea*.

BY WILLIAM PRYNNE, Late Exile and Close Prisoner  
in *Mount-Orgueil Castle* in the *Isle of Ierisy*.

Psalmc 104. 24. 25. 26.

O Lord how manifold are thy *Workes*! in *Wisedome* hast thou made them all; the *Earth* is full of thy *Riches*. So is this great and wide *SEA*, wherein are things creeping innumerable, both small & great beasts. There goe the *Shippes*; there is that *Leviathan* thou hast made to play therein.

Psal. 77. 19.

Thy way is in the *SEA*, and thy path in the *GREAT WATERS*, and thy footsteps are not knowne.

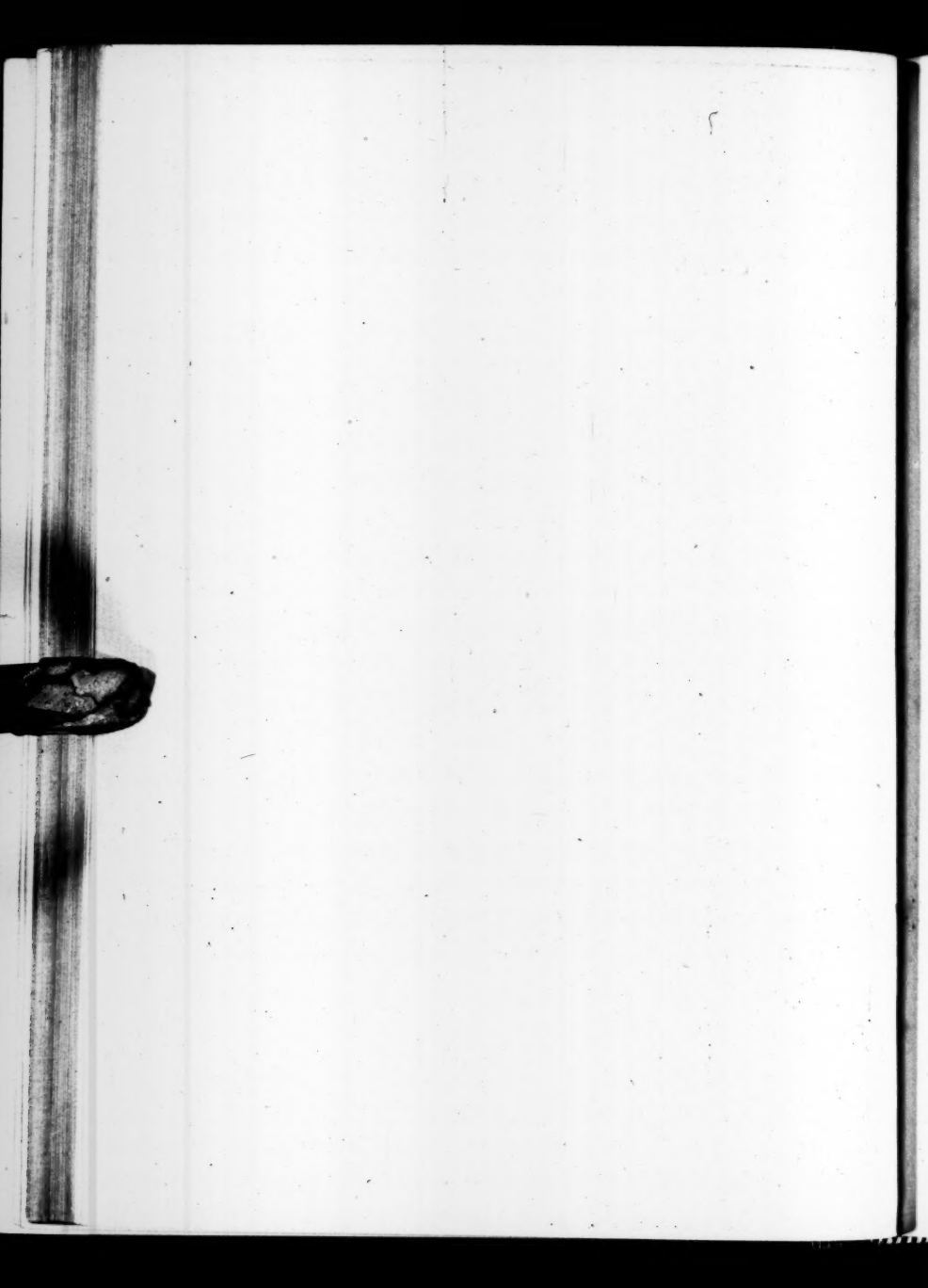
Isaiah 43. 1. 2. 3. 5. 6.

But now thus saith the Lord that created thee, O *Jacob*, and be that formed thee O *Israel*; Feare not, for I have redeemed thee, I have called thee by thy Name, thou art mine. When thou passest through the *WATERS* I will be with thee, and through the *RIVERS*, they shall not overflow thee; when thou walkest through the fire thou shalt not be burnt, neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of *Israel*, thy Saviour, &c.

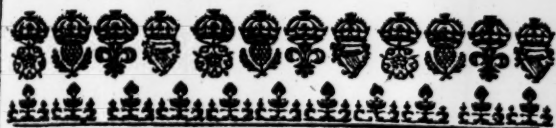
Psalmc 66. 12.

Thou hast caused men to ride over our heads; we went through *FIRE* and through *WATER*, but thou broughtest us out into a wealthy place.

London Printed by T. Cotes, for Michael Sparke dwelling at  
the blue Bible in Greene Arbor. 1641.







TO  
 The Worshipfull his highly  
 Honoured Friend M<sup>rs</sup> *Elizabeth Car-*  
*rieret*, Daughter to Sir *Philip Carrieret*, Knight,  
 Lieutenat Governour and Bayliffe of the  
*Ile of Jersey.*



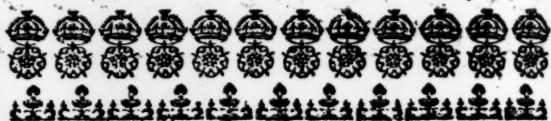
That neare relation wherein now you  
 stand  
 By *Habitation*, and a *Nuptiall Band*,  
 To *Seas*, and *Sea-men*; did at first in-  
 duce

Me to digest this SEA-CARD for your Use,  
 And his you most esteeme; which in some sort  
 May helpe conduct you unto Heav'ns blest Port,  
 The onely *Haven* which you now most Eye,  
 And strive for to arrive in when you dye.  
 Accept it therefore (though scarce worthy view;)  
 As a small pledge of his Respects to you,  
 Who much adores your Vertues, and must deeme  
 His *Muse* too meane to adde to your esteeme.

*Your Engaged Friend*

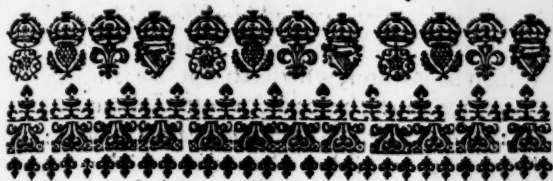
*and Servant,*

WILLIAM PRYNNE.



**S**ith God Seas, Rockes, in Place hath joyn'd together  
 It were unkindnesse them in Verse to sever.  
 And hence my Muse, which bates to be unkinde,  
 Hath them, in these two Poems, here combinde.





A  
CHRISTIAN  
SEA-CARD.

Consisting of sundry Poeticall  
*Meditations* raised from the Contem-  
plation of the Nature and Qua-  
lities of the *sea*.

THE PROLOGUE.



His *World's* an ample *Volume*, where  
we may  
Not onely *Read*, but (a) *See God Day*  
by *Day*;  
And every *Creature* which it doth com-  
prize,

A *Text* to preach him to our *Hearts* and *Eyes* :

(a) Rom. I. 19.  
20. Act. 14. 15.  
16. 17. Psal. 19.  
1.

(b) Psal. 8. 1. 3.  
4. 9. Psal. 104.  
24. 25. &c. Psal.  
19. 1.

No Plant, Herbe, Grasse so small, so vile but can  
Teach, and demonstrate God himselfe to Man,  
With his eternall Wisdome, Goodnesse, Power,  
Which he is blind, who seeth not in each Flower.  
Looke we above, beneath, or round about,  
*All that we see* (b) *point, may point God out,*  
Amongst the world of Creatures which present  
God to our Thoughts, and Eyes with sweete content  
Methinks the Sea, (oft viewed with delight,)  
Shewes him most cleerely to our Minds and sight.  
From whence a pious Heart may raise such store  
Of godly Thoughts, that plenty makes it poore.



## Meditations of the first Kinde.

I.

\* Gen. 7. 18. to  
24.

(c) Mich. 7. 19.

(c) 1 Joh. 1. 7.  
Rev. 1: 5.

And first, the vaste Sea, which with speede can  
\*drowne  
The greatest Island, Mountaine, Ship or Towne,  
As easie as the smallest, Mole-hill, Boate,  
Or cottage, in its all-devouring throat;  
Most sweetely represents to sinnefull Man  
The vaste, immense, and boundlesse (c) Ocean  
Of Gods free Grace and Mercy; so profound,  
That worlds of greatest sinnes in it are drowned;  
No crimes so hainous, great, or numberlesse;  
But if with bleeding soules we them (c) confesse  
And quite abandon, this large sea of Grace  
Shall over-welme, wash out, and cleane deface:  
O sweetest solace to a broken Heart,  
And sinne-sicke soule, desirous to convert!

What

What though thy horrid fins and hainous crimes,  
Be greater than the world ten thousand times?  
Loe, her's a Sea more vast shall (d) *drowne them all*  
*Without exception, great, as deepe, as small.*  
O then despaire not, but behold with joy  
This Ocean, which shall all thy finnes destroy.  
Lord, let us ever Saile in this sweete Sea,  
Where *Soules* are sav'd, *Sinners* onely Shipwrackt be.

(d) 1 Joh. 1.7.  
Rev. 1.5. Mich.  
7.19.

2.

Again, this (e) *great Sea's huge immensity*  
*Length, Breadth, Depth; Bulke, a vaster Deity*  
And greater God who (e) *made it*, clearly prove,  
Then teare, yea fly his wrath, embrace his love;  
Before all earthly Monarches, since they be  
Not by ten thousand parts so great as He;  
Or as the Sea, that shadowes to our eyes,  
*His (f) greatnesse which our thoughts cannot comprise.*  
What Creature, danger then shall once dismay  
Those, who this *Great God* make their onely stay?

(e) Psal. 104.  
25. Psal. 107.  
23. 24. Psal. 95.  
3. 5. Gen. 1.9.

(f) Psal. 145. 3.  
Isa. 40. 12. 15.  
17. 22.

3.

The Sea points forth unto us every houre,  
Gods infinite, Almighty, Sovereigne power;  
Who did (g) *Create it with a Word, and still*  
*Controules, (h) rules, calmes, its raging waves at will,*  
*When they with boisterous Tempest, roare, and swell*  
*As high as Heav'n, sinke downe as low as Hell:*  
*Bounding its proudest flouds with smallest Sand;*  
To shew how great a force weake things with-  
stand  
When backt by God, sith petty Sands can stay  
The raging Seas fierce March, and blocke its way.

(g) Psal. 95. 3. 5.

(h) Job 38. 11.  
Psal. 104. 9. to  
11. Psal. 107.  
25. to 30. Pro.  
8. 29. Jer. 5. 22.  
cap. 31. 35.

(i) Pſal. 89. 8.

9. Mar. 8. 26.

27. Iſa. 51. 10.

Pſal. 7. 4. Pſal.

106. 9. Pſal. 78.

13. Pſal. 93. 3.

4.

\* Pſal. 2. 9.

(t) Pſal. 46. 2.

3.

(l) Luk. 21. 17.

18. Mat. 10. 28.

29. 30.

(m) Neh. 6. 11.

Dan. 3. 13. 10

19. Pſal. 26. 1.

2. Pſal. 46. 1. 2.

3. Aſt. 21. 13. 14.

Pro. 28. 1.

Who but a (i) God of might can tame and charme  
Such foaming bedlam Seas, and them diſ-arme.

Of all their fury, ſtrength, and them divide

Tea, dry at pleaſure, to abate their pride?

And cannot he who bounds, rules, calmes and quells

The boiſt'rous Ocean, when it roares and ſwells

With greateſt force and furie, bridle, ſwage

Both men and Devills when they ſtorme and rage?

Tea \* daſh them into ſhivers with more eaſe

And ſpeed, than Seas a poſſeard, if He pleaſe?

Why ſhould wee then once (t) dread their threats or  
frownes,

Their might, or fury, which our God ſtill bounds?

They cannot touch one (l) haire, if he ſay nay,

Much leſſe our Soules harme, or our bodies ſlay

Whileſt we with upright hearts for his cauſe ſtand.

O ſweete! ſweete comfort to Gods choſen Band!

Thinke well of this, and then we ſhall (m) deſie

All Tyrants rage, and neare once feare, nor flye.

What ever comes, when God ſhall call us out

To fight for him, and ſhew our ſelves moſt ſtout.

4.

Befides, the Flux, and Reflex of Seas Tyde

At certaine conſtant houres, without a guide:

Its wiſe diſpoſall to each ſhore, Port; Creeke,

Throughout the world, where men for traffique  
ſecke:

\* Pſal. 104. 8.

to 15.

Its cloſe \* conveyance to all Fountaines, Springs,

The Earth to water, and all living things:

The great and wondrous ſtrange \* variety

\* Pſal. 104. 25.

Of Fiſh and Creatures, which doe live, breede, lye

Within its wombe, Men to delight and feede,

As well in times of plenty as of neede.

What

What doe they all demonstrate to our eyes  
And Mindes, but that God is most skilfull (u) wise  
In these his wondrous workes, exceeding all  
Mens Art, farre more than Earth a Tennis-Ball.  
O let us then in all we enterprize,  
Submit our wits to him who is so wise,  
Craving his ayde, and giving him the praise  
Of his great wisdom, which must (o) guide our wayes.

5.

Yea, these shew forth to Men Gods Providence,  
Which doth the Sea thus order, guide, dispence  
In (p) wondrous manner, and feede, rule, sustaine  
All Fishes, creatures which it doth containe;  
And is as watchfull, restlesse (q) night and day,  
As Seas, which ever move, but never stay.  
Thrice (r) happie they who firmly can relie  
Upon Gods care in all extremity:  
He who each wave doth rule, and each fish feede,  
Will in (s) due season, send them all they neede.

6.

The Seas great depth, which few or none can  
found,  
Points out (t) Gods secret Judgements more profound:  
Yea, Ships, Barks, Boates which plough the Seas  
bright face,  
Yet leave no footsteps by which them to trace;  
Gods hidden Counsell, wayes, and deepe decrees  
Past finding out, present to all degrees.  
Hence God is (v) sayd, in Sea to have his way,  
His pathes in waters deepe past mans display,

I 3

O

(u) Psal. 104. 6.  
to 15. 24. 25.  
26. 27. Psal.  
136. 5.

(o) Psal. 31. 3.  
Psal. 48. 14. Isa.  
58. 11.

(p) Psal. 104.  
28. 29. Psal. 145.  
8. 9. 15. 16.  
(q) Psal. 121. 1.  
3. 4. 5. 6. 7. 8.

(r) Psal. 146. 5.  
Psal. 34. 8.

(s) Psal. 34. 10.  
17. 23. Psal. 37.  
3 4 5.

(t) Rom 11 33  
34. Psal. 36. 6.  
Job 11. 7. 8. 9.

(v) Psal. 77.  
19.



\* Deut. 29. 29.  
Rom. 12. 3. 1  
Sam. 6. 19.  
Exod. 19. 21.  
22. 24.

O then adore his Judgements, Counsell's deepe;  
And not \* *presume into them once to peepe*  
*With prying eyes, beyond those bounds which He*  
*In sacred writ hath fix'd unto thee.*

7.

(x) Psal. 104.  
25. Josh. 1. 4.

The Length and \* *widenesse of the Sea, which spreads*  
*It selfe both farre and neere, to pious Heads.*  
And Hearts shewes forth the vaile immensity,  
And Omni-presence of the Deity;  
*Which (x) fills both Earth and Heaven, Sea, world, Hell;*  
*Tea every part of each: O strange to tell!*

(y) Ju. 23. 24.  
Psal. 39. 3. 7. 9.

Oh horrid Meditation! to the Rout  
Of gracelesse sinners; when they goe about  
To hide, or flye from God; who doth fore-stall,  
Nay (y) *fill all corners into which they crall.*

(z) Psal. 139.  
7. 3. 9. Amos 9.  
1. 2. 3. 4. 5. Jer.  
5. 23. 24.

How can they then escape his venging hand,  
Which is so neare them both by *Sea and Land?*  
Yet matchlesse solace to Gods chosen sheepe,

(a) Psal. 65. 5.  
& 139. 9. 10. &  
23. 4. Isa. 43. 2.  
Josh. 1. 5. 7. 9.  
Jer. 45. 5.

*That his sweete (a) presence shall them cheare, fence, keepe,*  
*By Sea and Land, where ere they live or goe:*

(b) Gen. 39. 20.  
21. 23. Act. 16.  
24. 25. Dan 3.  
23. 24. 24. 25.  
26. 28. c. 6. 20.  
21. 2. 2. 23.

This makes them happie in a world of woe.  
What neede we then to feare a banishment  
From Friends, or home, or close Imprisonment:  
In any hole or dungeon? *since (b) no place*  
*Can barre from us Gods presence or his Grace?*  
Which ever make an *Heaven* where they dwell,  
A royall *Pallace* of the darkeſt Cell.

8.

(c) Psal. 107.  
25. 26. 27. 28.  
Isa. 50. 30. Lam.  
2. 13. Jer. 51  
35. Gen. 7. 18.

The raging Seas *fierce waves* and (c) *roaring Cry*  
*Which daunt all Hearts, spare neither Low nor High,*

*Bearing*

*Bearing downe all before them who withstand  
 Their furious progresse, with a potent hand.  
 Describe Gods (d) dreadfull wrath, and dismall Ire,  
 Against obdurate sinners; who conspire  
 To breake his Lawes, oppose his Christ, despite  
 And greive his Spirit, sinning with delight,  
 Without remorse or checke, till they (e) provoke  
 Him to consume them with a fatall stroke.  
 O let us oft consider, still feare, shunne  
 His dreadfull wrath (f) from which we cannot runne,  
 Much lesse resist it, praying Christ to swage  
 And quench it (g) lest we perish in Gods rage.  
 The angry Floods can onely drowne or fright  
 Us for a moment; but if Gods wrath light  
 Upon us; Soule and Body both shall be  
 Under its Tortures for (h) Eternitie.*

(d) Nah. 1. 2. to  
 12. c. 2. 1.

(e) Psal. 7. 2. 3.  
 4. 5. 9. Deut. 29.  
 19. 20. Jer. 7.  
 18. 19.

(f) Psal. 139 7.  
 8. 9. 10. Jer. 11.  
 11. 2 Chron.  
 20. 6.

(g) Psal. 2. 12.

(h) Mar. 29. 41.  
 Rev. 21. 8.

9.

*The Sea so usefull, good, and meete for Fish  
 And foule of all sorts that mans heart can wish:  
 For Salt, Clouds, raine, springs, rivers (i) (which  
 proceede  
 From it) and traffique for all things we neede:  
 Proclaimes to all (k) Gods goodnesse, bounty, grace,  
 Who all this goodnesse in the Sea did place,  
 To make Men happie. Let this goodnesse raise  
 Our hearts to Love, and give him all (l) due praise.*

(i) Ecclef. 1. 7.  
 Psal. 104. 9. 10.

(k) Psal. 33. 5.  
 145. 9. 10.

(l) Psal. 107. 8.  
 15. 2. 31. Psal.  
 145. 7. 4. 10.

10.

*Once more, the Springs and Rivers which (m) ascend  
 Out of the Sea at first, and in it end:  
 Instruct us sweetely, how that every thing  
 From God (the Sea of being) (n) first did spring:*

(m) Ecclef. 1.  
 7. Psal. 104. 9.  
 10.

(n) Rom. 11.  
 36. Gen. 1. 1.  
 Pro. 16. 4.

And

(o) 1 Cor. 11.  
 3. 1. 1 Pet. 4. 11.  
 (p) Luk. 1. 74.  
 75. Rom. 14. 7.  
 8.  
 (q) 1 Chron.  
 29. 11. to 18.  
 1 Cor. 4. 7. and  
 15. 10.  
 (r) Aa. 17. 28.  
 (s) 1 Chron.  
 29. 11. to 18.  
 Psal. 29. 2. Psal.  
 56. 12. Psal.  
 116. 12.

And therefore should by way of thankfulnesse  
 Their course, Aymes, Ends to him alone addresse,  
 But chiefly Man, (*first made, and since that (o) bought*  
*To (p) serve God onely in deed, word, and thought;*)  
 Should all returne to him from whom it flowes,  
 Since (q) *all is his that on us springs or growes.*  
 O let us study from our Hearts to give  
 All unto him, (r) *in whom we are, move, live;*  
 It is his (s) *due, our duty, all we have*  
*To render to him, who our foules must save:*  
 Most blessed God let us thus oft behold  
 Thee in this Christall glasse, the Sea, our cold  
 And frozen Hearts to warme, with these sweete  
 Rayes  
 Which it reflects, to thine eternall praise.



## Meditations of the second Sort.

**A** Gaine the Sea's of Christ a lively Type  
 And his deare blood, which doth our sinnes  
 out-wipe.

I.

For, as the Sea all filth doth cleanse away  
 From Bodies, Vessells, Meates, Hearbes, Fruites,  
 Aray,

That in it washed are: So Christs sweete Blood  
 (*More (t) cleansing than the purest spring, or Flood*)

\* *All filth and spots of sinne, which Soules defile;*  
 And in Gods eyes present them foule and vile,

(t) Mal. 3. 2. 3.  
 \* 1 Joh. 1. 7.  
 Rev. 1. 5. Isa. 1.  
 16. 17.

Doth

Doth quite abolish, and so purge away  
From all such soules, as on him fast hold lay  
By faith unfained, that no filth nor staine  
Of any sinne, upon them shall remaine  
To make (v) them loathsome in his Fathers sight,  
In which they shine as starres most cleare and bright.  
O let us prize this Blood beyond compare,  
By which our Soules from sinne thus clenfed are.

2.

The Sea which did the (y) wicked world destroy  
By Gods command; yet saved upright Noy.  
With that red Sea, which the Egyptians drown'd  
When Gods owne people past it on dry ground  
In safety, shadow that red Sea of Blood,  
Which Christ upon the (a) Crosse shed for our good:  
Wherein the (b) sinnes of all his chosen sheepe  
With Hellish Pharaoh, and his Hoast, so deepe  
Are sunke and drowned, that they never shall  
Appere againe, their Soules once to intbrall.  
O let our Sinnes in this red Sea be dround,  
Then are we certaine nought shall us (e) confound.

3.

The Sea's the way, meanes, passe to (d) to transport  
Men to those Ports to which they would resort.  
Christs blood's the sea, (e) way, ship which men con-  
voyes  
From Earth to Heaven, and eternall Joyes.  
Sweete Iesus let the Sea of thy bleit Blood  
Conduct and leade us safely through the Flood  
And Rockes of this worlds Sea, to Heavens Port,  
To which thy chosen Flocke with hast resort.

K

The

(v) 1 Joh. 1.7.  
Rev. 1.5. Heb.  
9.14. Ephes. 5.  
26.27. 1 Cor. 6.  
11. Aft. 3.19.  
Zech. 13.1. Rev.  
7.14.

(x) Dan. 12.3.  
Mat. 13. 43.  
Phil. 2.15.

(y) Gen. 7.& 8.

(z) Exod. 14.  
15. to 31.

(a) Col. 1.20.  
Rev. 7. 14.

(b) Mich. 7.19.  
1 Joh. 1.7. Jer.  
50.20. c. 31.34.

(c) Isa. 45. 17.

(d) Jonah. 1.3.  
Isa. 8. 2.

(e) Joh. 19. 6.  
Ephes. 2.12.13.  
18.19. Rev. 5.9.  
10. Heb. 10.19.  
20.

4.

(f) Psal. 80. 7.  
19. & 89. 15.  
Cant. 2. 14. Aft.  
2. 28.

The Seas faire, lovely, shining azure Face,  
It's pleasant Calmes in Halcion-daies Gods Grace,  
And sweete appeased (f) *Loving Countenance*  
*To us in Christ, (which raps into a trance*  
*The saddest Hearts and fills them with content*  
*And matchlesse joyes)* most lively represent.  
O then in all our grieve and misery,  
On Gods sweete smiling Face still fixe an Eye,  
Which will support our soules in all distresse,  
And cheare them so, that nought shall us oppresse.

Sweete Jesus when the Sea we view or passe,  
Present thy selfe thus to us in its glasse :  
Then if it wrecke or drowne us, yet shall we  
Through thy Bloods Sea, escape and saved be.



### Meditations of the third Ranke.

(g) 1 Pet. 5. 8.  
1 Joh. 2. 15. 16.  
1 Pet. 2. 11.

**B**esides, the Sea exhibits to our sight  
A lively Emblem of the State and plight  
Of Gods Elect, with all those sore and great  
Stormes of Afflictions, which doe dayly beate  
Upon them, whiles they passe this Sea below.  
*Where (g) World, Flesh, Devill, seeke to overthrow.*

For

1.

For first, the Sea is \* *restlesse night and Day;*  
Its flux and constant progresse, none can stay :  
Just so are Gods elect, who *alwayes move;*  
(b) *Tending to Heaven and the things above;*  
No Bankes, Winde, Stormes, (i) *threats, death, their*  
*course can cease*  
*Till they arrive at Heavens Port in Peace.*

2.

The Sea is ever (k) *toft from place to place*  
*With Winds, stormes, Tides: And is not this the Case*  
*Of Gods deare Saints? still (l) banded too and fro*  
*(By sundry Tempests which they undergoe)*  
*From Coast to Coast, from Goale to Goale, to shew*  
*They Pilgrims are, and Strangers here below.*  
*Fixt to no Certaine Clime, and that their home*  
*And resting place, is in the world to come.*

3.

The Sea is ever working, purging forth,  
And (n) *casting out filth, weeds, trash of no worth*  
Which falls into it, and corrupt, defile  
Its Christall streames, making them foule and vile.  
Thus Gods Elect still (o) *purge out, and eject.*  
*Those Lusts, sinnes, vices, which their Soules infect*  
*With such suggestions as foule Devils cast*  
*Into their Hearts, them to pollute and Waste.*

K 2

The

\* Isa. 57. 27.

(b) Psal. 84. 7.  
Phil. 3. 13. 14.  
15.

(i) Rom. 8. 35.  
36. 37. 38. 39.  
2 Cor. 1. 8. 9. 10.  
11. c. 6. 4. to 11.  
Heb. 11. 35.  
36. 37.

(k) Jam. 1. 6.  
Jcr. 5. 22.

(l) Job 7. 4.  
Psal. 109. 23.  
Isa. 22. 18. c. 54.  
11. Heb. 11. 8.  
9. 13. 14. 27.  
37. Gen. 12. 1.  
5. 6. 8. 9. 10. c.  
15. 13. 1 Cor.  
11. 23. to 29.  
Ruth. 1.

(n) Gen. 47. 9.  
1 Chron. 29. 15  
Psal. 39. 12.  
Psal. 119. 19.  
Heb. 11. 13. 14.  
1 Pet. 2. 11.  
Lev. 25. 23.  
(o) Isa. 57. 20.  
(o) Isa. 1. 16.  
Cant. 5. 3. 1  
Cor. 6. 11. 2  
Cor. 7. 1. Rev.  
7. 14. Heb. 9.  
14. Tit. 3. 3. 5.  
Ephes. 4. 22. to  
32.

4.

(p) Psal. 107.  
25. to 30. Jon.  
1.

(q) Psal. 34. 19.  
Psal. 42. 7. Añ.  
14. 22. Heb. 11.  
35. 36. 37. 38.  
2 Cor. 11. 23.  
to 29. Ruth. 1.  
20. 21.

The Sea's (p) exposed to all stormes and Winds;  
So (q) Saints to Troubles, Crosses, of all kindes,  
To make them humble, and translate their love  
From things on Earth, unto the things above.

5.

(r) Psal. 119. 9.  
11. 24. 30. 98.  
to 106. Gal. 6.  
16. 2 Pet. 1. 19.

None dare to crosse the Sea without a Card  
Or Compasse, which they still with care regard,  
Steering their course thereby, for feare they stray  
Or misse their Port, and so be cast away:  
Thus Gods Elect, whilst they doe saile and rove  
In this worlds Sea, by Compasse ever move;  
Steering their Rudder, by (r) Gods Sacred Writ  
For feare they misse their Harbor, or else hit  
Their Soules against those Rockes, Shelves, Sands  
which lye  
To Crosse their voyage to Eternity.

6.

(s) Psal. 119.  
67. 71. Ezech.  
16. 62. 63. 2  
Chron. 23. 11.  
12. 13. Heb. 11.  
24. 25. 26. 27.

The Ebbing Sea discovers to the eye  
Those dangerous Rockes, Shelves, Sands, that hid-  
den lye  
At full Sea Tides, which then oft drowne and  
sinke  
Those who approach them, when they least feare,  
thinke  
Of any danger: So the Ebbing State,  
The Crosses of Gods Chosen (s) Demonstrate  
And point out to them many Rockes, Shelves, Sands,  
To shipwracke Soules, betray them to the hands

Of



*Of Hellish Pyrats, which still hidden lye,  
And undiscerned in prosperity.*

*By which they shun their danger, and commend  
These Ebbes, which from such perills them defend,  
Before those Full-Sea-Tides of wealth and joy,  
Which (t) Shipwrecke thousands, and their Soules de-  
stroy.*

(t) Prov. 1.32.  
Jer. 22. 21. r  
Joh. 2. 15. 16.  
1 Tim. 6.9.10.

7.

*The lowest Ebbe, hath still the highest Flood;  
Saints deepest sorrowes (v) end in greatest good:  
Their Floods of joy transcend their Ebbes of woe  
Beyond compare, and all their griefes out-goe.*

(v) Psal. 126.2.  
3.5.6. Isa. 25.8.  
9. c.35.3.4.10.  
c.61.3. c. 9.3.  
4.c.65.14. Mar.  
5.4. 11.12. Rev  
6.9.14. 15.16.  
17.

8.

*When Seas are at their lowest Ebbe, they then  
Forth-with begin to spring and flow. So men  
Belov'd of God, when as they seeme to lye  
At lowest (w) Ebbe, in deepest misery,  
Past helpe, past hope in Carnall mens account,  
Beyond all expectation, spring and mount  
Above their Crosses, and enjoy a Flood  
Of Peace, wealth, honour, and the greast good.  
If old examples faile, you may now view —  
The truth hereof in some yet fresh and new.*

(w) Ephes. 3.  
20. 21. Gen. 22.  
10. to 20. c. 42.  
9. to 50. Exod.  
12. and 14. Hest.  
5. 6. 7. 8. & 9.  
Dan. 3.8. to 30.  
c. 4. 33. 34. 35.  
36. 37. c. 7. 15.  
to 28. Mat. 27.  
& 28. 1. 2. 1  
Sam. 2. 6. 7. 8.  
Psal. 3. 2. 3.

9.

*Gods (x) Will and pleasure onely is the Cause  
Why Seas doe Ebbe and flow, not any Lawes  
Of Nature, Moone, or Planets: So the will  
And (y) blessed pleasure of our God is still*

(x) Psal. 95.4.  
5. Job 38.2.10.  
(y) Job 1. 21.  
1 Sam. 3. 18. &  
2.6.7.8. Deut.  
32.39. Mat. 10.  
20. 20. 31.

K 3

The

(*z*) Pſal. 107.  
25. 26. 27. Jon.  
1. 4.

(*a*) Pſal. 73. 14.  
25. 26. 28. Phi.  
3. 26. Pſal. 130.  
1. 5. 6.

(*b*) Numb. 34.  
3. 12.

(*c*) Heb. 12. 11.  
Pſal. 71. 20.  
Ruth. 1. 20.

(*d*) 2 Cor. 1. 4.  
5. 6. Heb. 12.  
11. 12. Pſal.  
126. 5. 6.

(*e*) Pſal. 119.  
67. 71. Iſa. 48.  
10. Jam. 5. 10.

(*f*) Dan. 12. 35.  
c. 12. 10. Iſa. 1.  
25. 1 Pet. 1. 7.  
Zech. 13. 9.

(*g*) Pſal. 119.  
61. 71. 75. 2  
Tim. 4. 17. 18.  
Iſa. 30. 20. 21.

The first chiefe cause, of all the Ebbes and Tides  
Which here befall his Saints, nought else besides :  
Yea, as Sea Stormes (*z*) proceede from God, and tosse  
Men up towards Heaven : So each storme and crosse  
Which lye on Gods Elect (*a*) from him first springs  
And nearer Heaven them lifts up, and brings.

10.

The Sea is (*b*) Salt and brackish : Crosses are  
The like, at (*c*) first, to Saints who doe them beare.

11.

The Saltest Seas the sweetest Fishes breed :  
Saints (*d*) sweetest comforts from the Crosse proceede :  
Yea, as the best and largest Fish are found  
In Saltest waters : So the best, most found,  
Large, strongest Christians, which wee finde, or  
know,

In (*e*) barrest Floods of Sorrowes alwayes grow.

12.

The Seas salt waters cleanse and purifie  
Things that are filthy : Thus adversitie  
Doth (*f*) purge and wash away from Gods Elect  
Those Spots, sinnes, vices, which their Soules infect.

13.

Seas brinish waters pickle and preserve  
Things from corruption: So (*g*) Afflictions serve  
To season Saints, who else would putrefie,  
And rot in those soule sinnes, which now they flye.

Sea-

14.

Sea stormes drive Men to (b) prayers, cries, and teares,  
Augmented and intended by their Feares :  
Yea, make them post to Harbours, for releefe;  
And bid the Sea adieu with Joy, not greefe :  
Thus troubles cause the Saints to (i) pray and cry  
To God for helpe with greater fervencie;  
Intend, increase their prayers; make them (k) flye  
To God their Harbour, for security;  
Cause them to loath and (l) leave this world with joy:  
Whose waves and Tempests them still fore annoy.

(b) Psal. 107.  
27. 28. 29. Jon.  
1. 4. 10. 16. Mar.  
8. 24. 25.

(i) Psal. 18. 6.  
118. 15. 120. 1.  
Hof. 5. 15.  
(k) Psal. 143. 9.  
10. 11. 12.  
(l) Phil. 1. 21.  
23. Job 10. 1. 1  
King. 19. 4.

15.

And as great blustering stormes doe sooner drive  
Ships to the Harbours where they would arrive,  
Then Calmes and mildest Gales: So (m) Crosses  
mend

Gods darlings speed, and oft times sooner send  
Them unto Heaven, then (n) prosperity,  
Which calmes their Sailer, and makes them still to lye,

(m) Hosea 5.  
15. Psal. 107.  
27. 38. 30. Psal.  
143. 9. 10.

(n) Psal. 30. 6.  
Jer. 22. 21. Pro.  
1. 27.

16.

The Tempest that befell the Ship wherein  
The Propher (o) Jonah fled, and slept in sinne,  
Did never slacke nor cease, till he was cast  
Into the Sea, which done, the storme was past :  
So, Saints afflictions (p) never swage nor end,  
Till Jonah be cast out, and they amend,  
Which done, their Tempests cease, and calmes succede,  
Unlesse some other Jonah in them breede.

(o) Jonah 1.

(p) Josh 7. 11.  
12. Jon. 3. 10.  
Hof. 5. 15. Isa.  
27. 9. Ezeck.  
16. 61. c. 36.  
21. 10. 38.

In

17.

(q) Jer. 51.42.  
 Mat. 6.24. Psal.  
 107.27.28.29.  
 \* Dan. 11.35.  
 (r) Job. 1. 13.  
 to 22. Psal. 42.  
 7. 88. 7. & 34.  
 19. Isa. 54.11.

In stormes at Sea, the (q) waves come on so fast,  
 That fresh succede before the first be past:  
 So Crosses on Gods Saints so thicke oft lite  
 To humble, try, purge, wash and make them bright:  
 That one (r) treads on the others heeles, and new  
 Come on before the old bid them adieu.

18.

(s) Psal. 107.  
 28.29.30. Jon.  
 1.5. Mat. 8. 24.  
 26. Psal. 8.9.  
 (t) Psal. 34.19.  
 & 37. 38. 39.  
 40. Job 42.10.  
 11. Jam. 5.11.  
 Psal. 94. 13 &  
 116.7. Isa. 14.  
 3. c. 57. 2. I  
 King. 5.4. Mic.  
 7.8.9.  
 (v) 1 Pet. 5.6.  
 Psal. 37.34. Isa.  
 25.9.

Yet, as Sea-stormes, though long, still (s) end at last  
 In pleasant Calmes; thus Crosses, which so fast;  
 So, thicke presse on Gods Saints for many Dayes,  
 (Yea moneths and yeares oft-times) (r) conclude  
 alwayes,  
 In Gods due time, in sweetest Calmes of peace,  
 And Tides of Joy: Blest Tempests which so cease!  
 O then in all thy sorrowes, Troubles, still  
 Waite and depend on God by Faith, who will  
 (In (v) fittest season) send such Joy and Ease  
 As shall thine Heart cheare, and all stormes appease.

19.

(x) Gen. 7. & 8.

(y) Nah. 1. 8.9.  
 10. Jer. 15.6.  
 7. Judg. 5. 31.  
 Psal. 80.16.

The Seas great deluge did both (x) overflow  
 The wicked old world, and it overthrow,  
 Yet Righteous Noe did then escape its rage;  
 And landed safely when the Flood did swage.  
 Just thus, Afflictions waves and Deluge (y) wracke,  
 And drowne all carnall wretches which doe lacke  
 Gods grace and faith to hold them up; when they  
 Who with true faith, their soules on God can stay

And

*And Anchor; never sinke; but swim and beare  
Their (r) beads above all Seas with joyfull cheare;  
Ariving safely, when the Stormes are past,  
In Heavens Harbour, where they Anchor cast.*

20.

*All those who use the Sea, doe ever minde  
The (a) Port to which thy Sayle; and as the wind  
Doth bring them nearer to it day by day  
Their Joyes increase, the more sayles on they lay,  
Longing to end their voyage, and arive  
At that sweete Haven unto which they drive:  
Thus Gods Elect (b) have alwayes in their Eye  
The Port above, to which they dayly flye  
With all their speede and might, and as each day  
Doth bring them nearer to this happie Bay;  
Their inward Joyes and Comforts still increase,  
The more they long there to arive in peace :  
Mending their speede, imbracing with delight  
(That which all others doth so fore affright)  
Grim \* pallid Death, the Pilot to convoy  
Them to this Haven of Eternall Joy.  
Lord, teach us Heavens Port thus still to eye  
Whilst here we saile, that when we come to dye,  
We may attaine it; and there safely ride  
Free from all perrils of winds, stormes, and tide.  
Lord make us thine Elect, that we may gaine  
This Port, where all thy Saints in blisse shall reigne.*

(r) Psal. 45. 1.  
2. 3. 4. & 27. 1. 3.  
Rom. 8. 35. 36.  
37. 38. 39. Mic.  
7. 8. 9.

(a) Psal. 107.  
30.

(b) Phil. 1. 23.  
c. 3. 2. 3. Rom.  
8. 23. 2 Cor. 5.  
1. 2. 3. 5. 8. Luk.  
2. 29. 2 Tim. 4.  
6. 7. 8. Rev. 22.  
20.

\* Luk. 2. 29.  
Gen. 46. 30.

L

Medi.



## Meditations of the fourth Classe.

**F**urther, the Sea doth fitly Characterize  
Most wicked mens deportment, and their guise.

## 1.

(e) Isa 57. 20.  
21. C. 1. 4. 5. 6. 2  
King. 6. 33. 2  
Chron. 28. 22.  
25.

(d) Psal. 39. 9.  
Lam. 3. 26.  
Judg. 10. 13.  
1 Sam. 3. 18.

For, as the Sea, so they still (e) rage, foame, roare,  
When crost, sicke, pained; storming more and more  
As their afflictions grow, and multiply;  
So as, their Physicke proves their Maladie;  
Whereas the godly are (a) meeke, patient, still,  
And silent in the greatest stormes of ill.

## 2.

(e) Isa. 47. 20.  
21.

(f) 2 Chron.  
28. 19. 22. 23.  
1 Cor. 15. 33.  
(g) 1 Cor. 5. 6.  
Gal. 5. 9. 2 Kin.  
13. 6. C. 14. 29.  
c. 17. 21.

The Sea's (e) oft troubled, and then casts out nought  
But mire and dirt from its dis-gorging throat:  
Ungodly men are rest'esse in their Minde,  
Much troubled, vexed; leaving nought behinde  
But (f) dirt and filth of Out'es, lewd talke, sinnes, crimes,  
And noysome lusts; which they cast up oft times  
In such abundance, that they soone (g) infect  
All places with the filth they thus eject.

## 3.

(b) Ps. 104. 25.  
Lam. 4. 3.

The Sea a (b) world of ugly monsters breeds  
Within her wombe, the which she dayly feedes

Whole

*Whole (i) worlds of monstrous Sinnes and lusts are bred  
In wicked Hearts, and dayly nourished.*

(i) Rom. 1. 29.  
30. 31. Act. 13.  
10. Eph. 4. 19.

4.

*The Sea is (k) floating and unconstant still,  
Moving with Wind and Tide which way they will  
Direct and steare its course; so wicked men  
Are (l) fickle and unstable, even when  
They seeme most firme; changing their friendship, love,  
Yea Faith, Oathes, Friends; as Times, Winds, Tides  
them move.*

(k) Isa. 57. 20.  
Jam. 1. 6. Gen.  
49. 4.

(l) Gen. 49. 4.  
Jam. 1. 8. 2. Pet.  
2. 14. c. 3. 16.  
Isa. 1. 5. c. 31. 6.  
Jer. 5. 23. c. 6.  
28. c. 3. 6. 8. 11.  
12. Hof. 11. 7.

(m) Eccles. 1.  
7.

5.

*We see, the Sea is (n) never full, though all  
Springs, Rivers, Waters, dayly runne and fall  
Into it; So though this worlds streames all flow  
And fall into Ill men, they never grow  
The (n) fuller by them, but still empty are,  
The more they have, the more they carke and care.*

(n) Eccles. 5.  
10. 12. 17. Pro.  
30. 15.

6.

*The Sea is (o) deepe, deceitefull: Ill men too  
Are (p) so: whence both a world of men undoe:  
Then never make a wicked man thy Friend,  
For feare he cheate, undoe Thee in the end.*

(o) Psal. 135. 6.  
Gen. 1. 2. c. 7.  
11.  
(p) Psal. 64. 6.  
Psal. 35. 20. and  
43. 1. Jer. 17. 9.

7.

*Seas shew no mercy but (q) devoure, drowne all  
Without remorse, who in their mouthes once fall:  
Thus wicked men are (r) cruell; mercilesse,  
Voyd of all pitty, ready to oppresse.*

(q) Exod. 14.  
28. Gen. 7. 21.  
22. 23.  
(r) Prov. 12.  
10. Hof. 12. 7.  
Act. 9. 2. Zech.  
3. 3. Mar. 2. 16.

L 2

And



*And ruine all Sorts; no worth, parts, sex, age,  
Can rest exempted from their Hellish rage.*

8.

\* Aſ. 27. 29:

*The Sea is full of \* Rockes, Shelvet, Sands which ſplit,  
Wrecke, drowne ſhips, boates, and men that on them  
hit.*

(s) Prov. 5. 3.  
to 15. c. 1. 10.  
to 20. c. 7. 8. 10  
27.

*Ill men are (s) fraught, with Rockes, Shelvet, Sands  
of vice*

*And ſinne, to which they others oft entice,  
Amidſt the which they ſo long faile and play,  
Till both their ſoules be ſplit and caſt away.*

9.

(t) 1 Sam. 25.  
10. 11. Rom. 1.  
29. 30. 31. 2  
Tim. 3. 2. 3. 4.

*The Sea is harſh, tart, briniſh, and nought growes  
Upon thoſe Sands and Bankes it over-flowes:  
Ungodly men are (t) churliſh, crabbed, rude,  
Unkinde, at leaſt to thoſe who are renu'de:  
Barren of goodneſſe, grace, truth, piety,  
And others make ſo by their company.*

(v) Iſa. 5. 2. 7. 2  
Tim. 2. 17. 1  
Cor. 5. 8. Iſa. 1.  
5. 6. 7. 2 Chro.  
c. 28. & 33.

*No grace or goodneſſe ſhall once (v) thrive, or ſprout  
Where things are ſwayed by this wicked Rent.*

10.

(x) Pſal. 104.  
25. 26.

*The (x) Sea is ever open night and day  
To all of all ſorts, like a common way:  
Thus, lewd mens Hearts doe alwayes open lye  
To ſinnes of (y) all kindes; no iniquitie  
So great, ſtrange, horrid, but may freely ſaile  
Within their Hearts, and over them prevail.*

(y) Rom. 1. 29.  
30. 31. Eph. 1.  
4. 19. 2 Tim. 2.  
26. Rom. 6. 12.  
13. 17.

The

11.

The Seas salt waters farre exceede the sweete  
And pleasant streames; yea, drowne them when  
they meete,

Ungodly men in number much Surmount  
Christschosen flocke; so (2) *small in Mans account,*  
*That they oft times are hardly seene; and lye*  
*Like wheate in chaffe, bid in obscurity :*  
From whence we learne that Papists ill conclude  
Their Church the truest, from her multitude.

(2) Mat. 7. 13.  
14. Luc. 13. 23.  
24. Rom. 9. 27.  
c. 10. 16. 1 Pet.  
3. 20. Rev. 3. 4.  
Isa. 17. 5. 6. 1  
King. 19. 14.

12.

The Sea is Lawlesse, Lordlesse, (a) *none can tame*  
*Or rule it, but that God that made the same :*  
Lewd men are such, no (b) *mortall might but God*  
*Can breake, tame, sway them, with his Iron Rod.*

(a) Joh. 9. 8.  
Psal. 89. 9. Psal.  
93. 4.  
(b) 2 Tim. 3. 2.  
3. 4. Jam. 3. 7. 8.  
Psal. 2. 2. 3.

13.

Sea waters heated, soone grow cold againe,  
And alwayes after cold, harsh, salt, remaine;  
So wicked men beate with afflictions fire  
Or some good fits of zeale, doe \* soone retire  
Unto their former coldnesse, brackishnesse,  
Which to their \* dying dayes doe them possesse.

\* Psal. 106. 13.  
21. Hof. 6. 4.  
\* Joh. 8. 21. 24.

14.

We see Sea waters themselves cast and mold  
Into each vessels shape, which doth them hold :  
So, ill men will themselves \* shape, and apply  
To every place, time, fashion, company;

\* Psal. 106. 35.  
36. Judg. 1. 21.  
33. c. 2. 2.

And water like, will suite themselves full well  
To any Sect, Religion, where they dwell.

15.

The Sea, with rage, the Rockes doth oft assaile,  
To over-terne them, yet can nought prevaile,  
But still with losse it selfe doth breake and split,  
Not them, while's its fierce waves against them hit:  
Thus wicked men, whilst they with furie rage  
Against our Rocke Christ, or his Heritage,  
*Themselves (not him, nor them) to (c) powder grinde*  
*And in the close, nought but confusion finde.*

(c) Psal. 2. 2. 3.  
9. Rev. 2. 27. Pf.  
50. 22. Mat. 21.  
44. Isa. 8. 9.

(d) Psal. 125. 1.  
Prov. 10. 30.  
Isa. 33. 20.  
Mat. 7. 24. 25.  
(e) Rev. 19. 20.  
c. 20. 10. c. 21.  
8. Mat. 25. 41.

O dash not then against these Rockes, which shall  
*Stand (d) firme amidst all stormes that on them fall :*  
Lord let us never be of this lewd crue,  
But with thy grace our Hearts and Lives renue  
That so we may escape *that (e) Lake of fire*  
*Where they shall ever seeke thy scalding Ire.*



### Meditations of the fifth Sort.

O Nce more, me thinks the Sea (whichever  
floates,  
But never rests,) presents unto my thoughts  
A lively Mappe of this vaine World; (which, it  
In some respects resembles very fit;)   
Yeelding them ample Sea-roome, for to hale,  
And chase this Theame with a delightfull Gale,

Untill

Untill my roving Muse, quite tyred shall  
Take in her Sailes, and let her Anchor fall.

1.

Now to begin this pleasing chafe? the Seas  
Are salt, harsh, brackish, and no Pallats please:  
*This world is (f) bitter, tart, and salt to all,*  
*Through sicknesses, sorrowes, crosses, which befall*  
*Them in some kinde or other, for to make*  
Their Hearts more willing its love to forsake:  
But most unpleasant is it to Gods Saints  
Of any others; *whose most sad (g) Complaints*  
*Of its (h) sharpe Brine, would peirce a heart of Steele,*  
And make all salt we in it taste, or feele.  
How can we then this brinish world once love,  
Or be unwilling from it to remove  
Unto that other? *fraught with all (i) delights,*  
*All sweetest Joyes, and Soule-refreshing sights!*

2.

Sea waters drunke downe, hurt, gnaw, fret, decay  
The Entralls, and oft times take life away:  
*This brackish world, quast down, (k) the soule annoyes,*  
*Corrodes, consumes, and at the last destroyes.*  
Those who sippe of it, sickely grow, but such  
Are past all cure, who swallow over-much.  
O let us never bibbe, carouse, or (l) love  
*Her poysonous cups, which doe so deadly prove.*

3.

Salt waters still increase, not quench mens thirst,  
He that drinkes these, is dryer than at first:

This

(f) Ruth. 1. 20.  
21. Exod. 1. 19.  
Job. 3. 10. c.  
13. 26. c. 23. 2.  
(g) Job 3. & 6.  
10. Psal. 6. & 31.  
& 35. & 38. and  
62. & 69 & 22.  
Lam. 1. & 2. &  
3. & 4.  
(h) Job 7. 11.  
c. 9. 18. c. 10. 1.  
c. 25. 25. Isa.  
38. 15. 17. Lam.  
1. 4. c. 3. 15.  
(i) Psal. 16. 11.  
Isa. 35. 10. c. 51.  
11. Rev. 12. 2.  
to 8,

(k) Jam. 4. 4. 9.  
10. 1 Joh. 2.  
15. 16. 17.

(l) 1 Cor. 7. 30.  
31. 1 Joh. 2.  
15. 16.

(m) Eccles. 4. 8.  
c. 5. 15. Isa. 56.  
11.

This worlds salt streames mens drought can never  
swage,

*The more they drinke, the (m) more their thirst doth rage;*  
A cup or two, still makes them long for more;  
And none so dry, as those who have most store  
Of this worlds waters, *which doe onely feede*  
*Not quench the droppe; cause, not helpe their neede.*  
O taste not then her streames, but them desie,  
Which swage no thirst, but make men still more  
drie.

4.

(n) Jam. 1. 6. Isa  
57. 20.

*The Sea is ever (n) floating, changing place,*  
*State, and condition, never in one Case :*  
Sometimes it flowes a space; then ebbes againe  
Forth-with; and Stormes, its Calmes still en-  
tertaine.

(o) 1 Cor. 7. 31.

(p) Psal. 39. 9.

119. 19. Levit.

25. 23. 1 Chro.

29. 15. 1 Pet. 2.

11. Heb. 11. 8.

9. 13. 14. 15. 16.

37. 38. Psal.

107. 4. 5.

(q) Job 1. 13.

10. 22. Prov.

23. 5.

(r) 1 Sam. 4. 17

10. 22. Job 8. 9.

c. 14. 1. 2. Jam.

3. 14. Isa. 37.

36. Psal. 103.

14. 15. 16. Luk.

18. 26. Psa 90.

5. 6. 7.

(s) Dan. 4. 3. 10

35. c. 5. 30. 31.

c. 6. 23. Esth. 7.

If now it smiles, anon it frownes, foames, swels,  
Ringing the changes more than any Bells:  
*This (o) world is flitting, fickle, mutable;*  
*We all like (p) strangers, pilgrimes in it dwell,*  
*Roving from place to place till death arrest*  
*Our wandring Corps, and lose us in Earthes brest.*  
Sometimes the flowing Tydes of happinesse  
Mount us aloft; anon, some Ebbes depreffe  
And cast us downe; farre lower than before,  
As happy made, to be more vile and poore.  
One space a Calme or pleasant Gale doth smile  
And breath upon us; but within a while,  
Tempestuous stormes and whirle-winds over-take,  
Tosse; teare, split, sinke us, and we shipwracke make.  
*To day we rich are, (q) ere to morrow poore;*  
*Well, in the morning, (r) dead, or at deaths doore*  
*Ere night : in Honour and esteeme this houre;*  
*The next, (s) cast downe, base, withered like a flower.*

How

How many sayling in full streames of wealth,  
Pomp, Honour, Pleasure, Favour, Greatnesse, Health  
And all contentments which the world can give  
Unto her darlings, whilst they therein live,

*Have in one (t) houres space, beene stript of all,  
And dasht in peeces with a suddaine fall?*

*How many (v) mighty Kings, States, Monarchies,  
Have in a moment felt such miseries,*

*Such fatall changes in their worldly State,  
As no Heart could conceive, no tongue relate?*

Unconstant world (more full of changes then  
The Sea or Moone) how can the sonnes of men  
Once (x) love or trust thee? Goe, cheate  
Thy sickely friendship ever will defie.

5.

The Sea is full of (y) *Rockes, which sinke and quash.*  
*Those Ships, Barkes, Boates, that doe against them*  
*dash:*

This world hath farre more Rockes to wracke and  
Split

The Soules of such as doe against them hit.

(c) *Wealth, honours, lusts, pompes, pleasures, pride of Life,*  
*With sundry other Rockes, are here at strife*

*Which shall most soules destroy, and linke to Hell,*  
*In Seas and (a) Lakes of brimstone still to dwell.*

How dare we then approach these Rockes, or run  
Upon them, which whole Millions have undone?  
Or take delight this worlds ill Seas to crosse,  
Where most are Wreckt, none scape without some  
losse?

(t) Esther. 7.  
Dan. 4. 33.

(v) Exod. 14.  
27. 28. Num.  
31. 7. 8. 9. Josh.  
8. & 10. 11. &  
12. Judg. 1. 6.  
7. c. 7. & 8. 1  
King 16. 22. 2  
King. 9. & 11.  
& 13. 14. 15.  
16. 17. & 19. 21.  
23. 24. & 25.  
2 Chron. 36. 1.  
to 22. Dan. 4.  
30. to 35. c. 5.  
30. 31. Aft. 12.  
21. 22. 23.

(x) 1 Joh. 2. 15.  
16. 17.

(y) Aft. 27. 29.

(z) 1 Joh. 2.  
15. 16. 17. c. 5.  
19. Jam. 4. 4. 1  
Tim. 6. 9. 10.  
11.

(a) Rev. 19. 20.  
c. 20. 10. Mar.  
25. 4. 1.

M

The

6.

The Sea a smiling, shining azure face  
And lovely out-side hath her selfe to grace;  
Wherewith she hides her savage cruelty,  
Rockes, Shelves, Gulfses, and those Monsters that  
doe lye

Closet couch'd in her, to wrecke and to deuoure  
All those her beauty drawes within their power.  
This cheating flattering world, mens soules to traine  
Into her deadly Snares (where they remaine  
Fast hampred till they perish) still presents  
Her selfe to them, deckt with such Ornaments,  
Such out-side, beauty, pompe, State, gaudinesse,

(b) 1 Joh. 15.  
16. 17. Jam. 4.  
4. Col. 3. 2.

And seeming shewes of present happinesse,  
*Arraish most mens Eyes and Hearts (b) with Love*  
*Of her, and turne them from the things above.*

Whereas, if they once saw, or could discry (lye  
Those horrid Monsters, Rockes, gulfses, snares that  
Hid under her faire surface, they would shun  
Her Love, and faster from, than to her run  
O let us view her intrals, not her skin;  
She's Gold without, but Poyson, Drosse, within.

7.

The Sealyes open to all (e) stormes and winds,  
This world exposed is unto (d) all kinds  
Of Tempests, Crosses, Losses, Gustes, and Harmer:  
How can we then lye sleeping in her Armes?  
Or hope to finde peace, rest, content, or blisse  
In her, where we are certaine all to misse?

(e) Jonah. 1. 4.  
Psal. 107. 25.  
26. 29.  
(d) Joh. 16.  
33. 1 Pet. 5. 9.  
2 Cor. 6. 4. 2  
Tim. 3. 11. 12.  
2 Cor. 4. 8. 10  
13.

The



8.

The Clouds above much darken, and obscure  
The Seas bright shining face, whiles they indure:  
So clouds of crosses sent from God, deface  
This worlds bright Luster, much eclipse her grace;  
*Making her (e) loathsome in those very Eyes,  
Which in her Sun-shine, did her over-prise.*

(e) Job 10. 1.  
1 Joh. 2. 15.  
16. 2 Cor. 5. 2.  
3. 4. Rom. 8. 19.  
10. 24.

9.

Those Fogges, Cloudes, Stormes, which darke the  
light-some skies  
Eclipse the Sun-shine, worke much harme, arise  
*Out of the (f) Sea at first: Most cloudes of woes  
Mists, fogges of sorrowes which doe interpose  
Twixt Men and Heaven, hiding Gods sweete Face  
And presence from them, with his Rayes of grace,  
(g) Vexing their Hearts, Mindes, Soules, doe ever spring  
From this worlds Seas, which nought but mischief bring.  
O let us never fixe our mindes or Hearts  
On her, that is the cause of all our smarts!*

(f) 1 King. 19.  
43. 44. Job 38.  
8. 9.

(g) 1 Tim. 6.  
9. 10. Jam. 5. 1.  
10. 7. Eccles. 2.  
22. 23.

10.

The lowest Ebbes Seas highest Tydes succede:  
Mens greatest falls from this worlds heights pro-  
ceede;  
Expect then when her Tydes doe highest flow,  
*Some (h) great approaching Ebbe to bring thee low.*  
Let not then her spring Tides of happinesse  
Make men secure, proud, haughty, or to blesse  
Themselves without good cause, since none so nigh  
Are to a fall, as those the mounts most high.

(h) Esth. c. 6. to  
9. Dan. 4. 30. to  
34. Act. 12. 11.  
12. 13. Luk.  
12. 15. 10. 21.

M 2

The

## 11.

(i) Lam. 2. 13.  
2 Sam. 1. 20.

The Breaches which the Sea makes on the maine  
Are (i) hardly made up, or repair'd againe:  
The Ruptures which this worlds Floods dayly  
make

(k) Heb. 6. 5.  
6. 7. 2 Tim. 4.  
10. Mat. 13. 20.  
1 Cor. 7. 31. 33.  
34 Gal. 1. 4. 1  
Tim. 6. 17. 2  
Pet. 3. 17. 20.  
21.

Upon those Soules they batter, enter, take,  
Are (k) hardly cured and stop't up: Beware  
Their Breaches then, and them prevent with care;  
Their entrance is at first with Ease debarr'd  
But once got in, them to repulse is hard.

## 12.

(l) Ecclef. 1. 7.

All Rivers (l) run into the Sea, yet still  
It empty is, and never bath its fill,  
The streames of most mens Cares, thoughts, la-  
bours, braines,

(m) Ecclef. 5.  
10. Isa. 56. 11.

Into this worlds Sea run, which yet remains  
As (m) empty as before. O then bestow  
Nought upon that which never full will grow.

## 13.

(n) Exod. 15. 5.  
10.

Most livelesse things, as mettalls, stones, dust, sand  
And pondrous bodies (n) sinke downe out of hand  
As soone as cast into the Sea; where drown'd,  
They are so lost, that they cannot be found.

(o) Gen. 7. 17.  
18.

Yet trees, which mount from Earth up to the skie  
Whiles they are growing; and such foules as flye  
Up towards heaven, safely (o) swim, and ride  
Upon the Sea, not fearing, winds, stormes, tide:

(p) Psal. 10. 18.  
Joh. 3. 31. Phi.  
3. 19. Col. 3. 2.

So men, deprived of the Life of Grace  
Made all of (p) Earth, on which they fixe and place

*Their*

*Their hearts and thoughts; no sooner lanch or fall  
Into this worlds Sea, but they sinke downe all  
So deepe into it, that it (q) drownes them quite,  
And in a moment swallows out of sight.  
Whereas Gods chosen Saints, whose hearts and Love  
Are ever centred on the (r) things above,  
And soaring upwards, safely swim and beare  
Themselves above her floods, and still appeare.*

14.

Sea waters quench not, but increase the flame  
On which men cast them. This worlds doe the  
same;

*Her streames (s) augment, not quench mens raging fire,  
The more they have, the more they still desire.  
Why should we then affect her floods, or store  
Which never make us rich, but ever poore?*

15.

*The Sea still (t) moves and runs with Wind and Tide,  
These steare this World, and doe her Rudder guide:  
If Times, Winds, Tide, move with us, then will she  
Runne (v) with us too, and friendly seeme to be;  
But let them once, begin on us to frowne,  
Shee'le joyn with them to wreck and cast us down.  
O false deceitfull world, who dost forsake  
All when they neede thee most, and never take  
Their parts but when they neede thee not, adieu:  
Unconstant friends are ever false, not true.*

M 3

The

(q) 1 Tim. 6.9.  
10. 2 Tim. 4.  
10. Eccl. 2.22.  
23. 1 Joh. 5.19.

(r) Phil. 2.20.  
Col. 3.1.20.  
1 Joh. 5.4.5.  
Jam. 1.27. 1  
Cor. 7.33.

(s) Eccles. 5.10.  
Isa 56.11. Hab.  
2.5.

(t) Jona. 1.13.

(v) 2 King. 9.  
30. 1035. c. 10.  
1. 10 12. Esth. c.  
6. & 7. & 8. Pro.  
14. 20. Lam. 1.  
2. 8. Psa. 88. 18.  
Prov. 19. 20. c.  
19. 14. 19. Psa.  
38. 11.

16.

(x) Gen. 2. 11.  
Lam. 2. 13. Hab.  
3. 9. 10. Amos  
9. 5. Ezech. 27.  
34.  
(y) 2 Pet. 2. 20.  
21. c. 1. 4. Gal.  
1. 4.

The Sea the Earth doth compasse and (e) surround,  
Some parts whereof by it are often drown'd:  
Just so this (y) world environs men about,  
Their Soules to swallow, so that few swim out  
Or scape her danger. O thrice happie he  
That can faile through it, and not drowned be.

17.

(t) 2 Pet. 2. 19.  
20. 21. 1 Cor.  
3. 18. 19. Gal. 1.  
4. Eph. 2. 2.  
Eph. 6. 12. Col.  
2. 8. 10. 1 Tim.  
6. 17. 2 Tim.  
4. 10. Jam. 4. 4.  
1 Joh. 2. 15.  
16. 1 Joh. 5. 4.  
5. 19.

Sea fights of any other are most fell,  
Fierce, bloody, dangerous, hot and terrible.  
The Battles which this (t) world doth daily make  
Against mens Soules them to destroy, or take,  
Are farre more dangerous, deadly, worse than those  
Wherewith the Flesh, or Devill them oppose:  
Her Engines, traines, assaults, theirs much exceede,  
And none can scape them without speciall heede.

18.

(a) Gen. 3. 16,  
c. 35. 16. 17.  
18. Job 3. 3. 4.  
5. 8.

(b) Job 14. 1.  
2. c. 3. 3. to 26.

(c) Luk. 2. 29.  
30. Gen. 46. 30.  
Job 3. 3. to 10.  
Rev. 2. 20.

As Ships built on the Land with force, toyle, be  
Still lanch'd and dradge out into the Sea:  
So man whence once form'd in his Mothers womb  
With painefull (a) Labour is enforst to come,  
And lanch'd by her into the worlds wide Sea,  
Where he from winds and stormes is feldome free.  
Hence he with sighes, teares, cries, (b) laments in vaine,  
As soone as borne, what he must here sustaine:  
O let us then with (c) songs and shouts of joy  
Leave this worlds Sea, which doth us sore annoy:  
And sith we enter it with teares, cries, paine,  
Its madnesse thus to part from it againe.

What

What we with force, grieve, sobs, first undertake;  
*We should with (d) chearefull hearts at last forsake.*  
 Like ships, which gladly runne themselves a shore;  
 Because perforce lanch'd into Seas before.  
 And yet the most *with greater (e) grieve* (O Sinne!)  
*Depart this world, than they it entred in,*  
 And must by might, with grones, teares, shreeces  
 and cry

Be puld out thence, and forc'd with woe to dye.

Blessed Lord God, so steare our ships and Helme  
 Through this worlds Sea, which would us over-  
 whelme,  
 And wrecke for ever, that we may at last  
 Gaine Heav'ns blest Port, and there sure Anchor  
 cast.

(d) Phil. 1. 20.  
 23. 2. Cor. 5. 2.  
 31. 5. Rom. 8.  
 22. 23.

(e) Psal. 55. 4.  
 116. 3.



## Meditations of the sixth Sort.

**I**N fine, the Sea suggests to each good mind  
 These Meditations which are yet behind.

I.

First, when we see the Sea, it readily  
 Presents that vowe and (f) Baptisme to our eye,  
 Which make us Christians, and oblige us still  
 The (g) World, Flesh, Devill, with their Pompe, Lusts,  
 will

(f) 1 Cor. 10. 2.  
 1. Pet. 3. 21.  
 (g) 1 Joh. 2. 15.  
 16. 17.

*Quite*

(h) Rom. 6. 1.  
 10 20. c. 14. 7.  
 8. Luk. 1. 74.  
 7 5. Gal. 1. 4.

*Quite to renounce; and ever to obey  
 Gods holy Lawes, who washt our finnes away  
 In these Baptissmall waters; to the (h) end  
 That we by sinning should no more offend  
 His Sacred goodnesse, but spend all our dayes  
 In just, good, holy actions, to his praise.  
 O then when ever we the waters see  
 Let these things to our mindes recalled be,  
 To mend our Lives, renue our vowes, and make  
 Us World, Flesh, Devill, and their Lufts forsake.*

2.

*Crosse-Seas whose boisterous Tydes by turnes ore-  
 fway*

(i) Gal 5. 16.  
 17. 18. Rom. 7.  
 13. to 25.

*Each other, and enforce their streames to stray  
 Quite from their proper course, and over-beare  
 Them so, that they their motions counter-steare  
 To that course they intend, in lively wise  
 A Newborne Christians state unto our Eyes  
 Present, in whom two (i) Crosse Seas, Tydes contend  
 And meete each day, contesting without end  
 To over-beare each other; Sometimes the  
 Floods of their fleshy Lufts prevailers be,  
 And over-beare the Spirits counter-tydes,  
 Which at the last prevails, put flesh besides  
 Its course and channell, and through heav'ns great  
 might  
 Beare downe its streames, and over-comes them  
 quite.*

3.

*The floating Sea when it invades the Land,  
 And drownes the Coasts that next unto it stand;  
 Paints*

*Paints out that (k) deluge in the dayes of Noy  
Which did the wicked old world quite destroy.  
And then instructs us with all care to flye  
Those finnes which (b) drowne us for eternitie,  
Both Soule and Body in the fiery Lake.  
This thought should move us, all finnes to forsake.*

4.

*When we behold men, goods, lead, stones, (m) sinke  
downe*

*Into the Sea, which them doth quickly drowne  
So deepe, that they can never rise againe:  
It paints forth Hell unto us very plaine,  
That sinke, (n) drownes, tortures, for eternity  
Mens-soules and bodies, which there chained lye,  
So fast, so deepe, that they can never rise,  
Nor swim out thence: Which should us all advise,  
To flye all finnes; yea, more to feare and minde  
This fiery Lake, whence none redemption finde.  
And lish all feare in Seas for to be drown'd,  
How should they dread this Lake, thats more pro-  
found.*

5.

*The Sands on Sea-shores, which doe farre surpassse  
All (o) number, shewes us like a Christall glasse  
Those multitudes of finnes that in us breed  
Which doe the (p) Sands in number farre exceede,  
To make us humble. And each flowing Tide,  
Which doth the Sand both moysten, drowne and  
hide*

*From time to time, instructs us every day,  
With Floods of (q) teares our finnes to wash away;*

N

*And*

(k) Gen. 7. & 8.  
2 Pet. 2. 5. 1.  
Pet. 3. 20.

(l) 1 Tim. 6. 9.  
10. Rev. 20. 10.  
c. 21. 8. c. 19.  
20.

(m) Exod. 15.  
5. 10.

(n) Revel. 19.  
20. c. 20. 10. c.  
21. 8. Mat. 25.  
41. 42.

(o) Gen. 22. 15.  
c. 32. 12. Josh.  
11. 4. 1 King.  
7. 20. 29.  
(p) Job. 6. 3.  
Psal. 40. 10.

(q) Psal. 6. 6.  
Jer. 9. 1. 18.  
Lam. 2. 10. 18.



(r) 1 Joh. 1.7.  
Mich. 7.19.

And in Christs (r) blood them so to drowne, and hide,  
Through Faith, that they may be no more espide.  
If thus we thinke, learne, doe, by what we see,  
From day to day, thrice happie shall we be.

6.

The springing Tide, which by degrees doth flow  
To Full-Sea marke, and then by steps falls low,  
With ships first built, then lanch'd, next rigd, then  
sent

(s) Job 7. &  
14.

And put to Sea, till they be wreckt or spent:  
Paint out Mans (s) birth, growth, age, death to our  
sight,

With all those Floodes, Ebbes, changes that doe  
lite

(t) Gen. 3. 19.  
Ecclef. 3. 20. c.  
12. 7.

Upon him from the wombe unto his Urne,  
Where he meere (t) dust, shall unto dust returne.

7.

(v) Gen. 7. & 8.  
1 Pet. 3. 20. 21.  
2 Pet. 2. 5.

The (v) Arke of old, which on the floods did floate,  
And saved Noah, with each Shippe and boate  
Which crosse the Seas, and those in safty keepe  
That in them faile, when others in the deepe  
Depriv'd of these, are drowned; sweetely shew  
To us Gods Churches State, which here below  
On this worlds Sea, doth (x) safely floate and ride

(x) Isa. 42. 2.  
2 Tim. 4. 17.  
18.

(Though (y) tost and torne with Tempests, Windes,  
and tide)

(y) Psal. 109.  
23. Isa. 54. 11.  
Job 7. 4.

And (z) saves all such as in her saile and stay;  
When all without, are drown'd and cast away.

(z) 1 Pet. 3.  
20. 21. Joh. 15.  
4. 5. 6. 7. Act. 2.  
47.

Let this induce us in Christs Church to dwell,  
Live, dye, for feare we drowne, and sinke to Hell.

The

8.

The vastest *Sea* is <sup>(a)</sup> bounded, and obeyes  
*The Lawes and Edicts, which God on its layer,*  
 As well as smallest springs, or streames: How then  
 Dare greatest Monarches; Princes, Kings, or Men  
 Themselves deeme boundlesse, lawlesse and exceede  
*The bankes and* <sup>(b)</sup> *Lawes which God to them decreed?*  
 Let fencelesse Seas now teach them to containe  
 Within due Bounds, and not to over-straine.

<sup>(a)</sup> Job 38. 8.  
 10. 11. Psal. 104.  
 9. Jer. 5. 22.  
 Prov. 29.

<sup>(b)</sup> 2 Sam. 23.  
 2. 3. 4. Deut. 17.  
 15. 10. 22. 2  
 Chron. 9. 8. Pl.  
 2. 10. 11. 12.

9.

When Seas through winds or stormes doe <sup>(c)</sup> over-  
 flow,

Or breake their bankes, great mischiefs, losses grow  
 From thence to men and Beasts, *(which then are drown'd)*  
 And all such places which they doe surround:  
 When Kings, or great ones out of Avarice,  
 Pride, Lust, Ambition, or some other vice <sup>(set,</sup>  
 Out-swell, or breake the bounds which God hath  
 A <sup>(d)</sup> *Flood of woes and mischiefs they beget,*  
*Wherein they drowne themselves and many more;*  
 And then, too late, their dismall Fates deplore.  
 Let Kings and Grandees then take speciall heede,  
 How they their fined Bounds breake, or exceede.

<sup>(c)</sup> Gen. 7. 8. 8.  
 Neh. 1. 8. 2 Pet.  
 2. 6. Jer. 47. 2.  
 Isa. 48. 2.

<sup>(d)</sup> Exod. 14.  
 22. 10. 31. Josh.  
 c. 3. 10 c. 14.  
 Judg. c. 1. 10  
 15.

10.

The *Sea* below doth ever flow Ebbe more,  
 As <sup>(e)</sup> *God himselfe* doth steare it from above:  
 So men on Earth, their thoughts, words, acts should  
 frame

And Guide, as <sup>(f)</sup> *God above directs the same.*

<sup>(e)</sup> Psal. 104. 6.  
 10. 14. c. 107. 25.  
 26. 29.

<sup>(f)</sup> Psal. 119. 9.  
 Gal. 6. 16.

## II.

(g) Psal. 104. 6.  
to 14.

(b) 1 Thes. 3. 6.  
to 14. Rom. 12.  
6. 7. 8.

(i) Ezech. 16.  
49. 1 Tim. 5.  
12. 13. 2 Thes.  
3. 6. to 13. Pro.  
19. 15.

(k) Ezech. 16.  
45. 50.

No waters ever stinke or putrifie  
*Whiles they within their (g) Channells move, and lie :*  
But once remov'd out of their proper place,  
Or let lye still, they stinke, and lose their grace.  
Thus men doe seldome rot in sinnes, lusts, vice  
*Whilst they their (b) honest calling, exercise*  
*And keepe within their Compasse. But if they*  
*Grow (i) idle, lazie, or begin to stray*  
*Out of their fixed Stations, in short space*  
*They rot and stinke, in Sinnes to their disgrace.*  
O then beware of sleepe and idlenesse  
*Which (k) rot and Slay the Soules they once possesse.*

7

## 12.

(l) Heb. 3. 12.  
13. Jan. 1. 14.  
15.

(m) Heb. 12. 1.  
2 Tim. 6. 9.

(n) Revel. 22.  
11. 2 Tim. 3. 13.

When I perceive the Seas sweete flowing tyde  
Upon the drie Sands, shores to creepe, steale, glide  
By senselesse steps, untill it drowne them quite :  
It represents unto my thoughts, minde, sight,  
*How sinnes and vices by (l) degrees, creepe, grow,*  
*On men, till they them drowne and overflow.*  
O then let all, their first progresse withstand  
*Else they will them soone (m) drowne, as Seas doe Land:*  
Nay worse, since flowing Seas still Ebbe againe,  
And leave the Sands dry : *Sinnes still flow and gaine*  
*On Men, and drowne them each day (n) more and more*  
They know no Ebbes, but flow and ne're give o're.

## 13.

The Ebbing Sea which all its filth behinde  
Leaves on the shore, should put all men in minde

How

*How their Ebbes, and afflictions should still make  
Them all their filth of sinne quite to (o) forsake;  
Which being once cast up upon the shore,  
Must (p) never be resumed by them more.*

(o) Rev. 7. 14.  
Dan. 11. 35. Isa.  
1. 25.  
(p) Psal. 85. 8.  
Hos. 14. 8.

14.

When I behold Our Females wash away  
With water, all blacke spots of Inke, Soote, Clay,  
Which on their faces fall by accident,  
I wonder much, and cannot but lament  
To see some spot their faces studiously  
With Anticke Patches of a Sable dye;  
Should God himselſe their visage thus bespot  
They would repute it an uncomely Blot  
A great dishonor, and use all their skill  
To cure, or hide such blacke spots, Moles as ill :  
How dare they then use Artificiall spots  
Which they, if native, would repute for blots  
And deeme a blemish to their beauty, nay  
A sad ill Omen ? May I not then say  
(q) *These spots are not the spots of Gods Children*  
Which make them odious to God and good Men,  
Who love (r) *no spots*, since Christ his blood out-sved  
To cleanse his chosen from all (s) *Spots and dread*,  
Wash off, renounce these Satan-Spots, least He  
Them *Satans Spots* adjudge, and you to be  
His marked Vassals, not his owne washt traine  
Sith such blacke spots upon your face remaine.  
To weare white Linnen (t) *spotted, is disgrace*,  
What is it then to weare a spotted Face,  
And that in Gods owne presence ? Certainly  
It cannot but be sinne or infamie.

(q) Deut. 32. 5.  
(r) Job 11. 15.  
(s) Eph. 5. 27.  
Cant. 4. 7. Job  
11. 15. 1 Pet. 1.  
19. 2 Pet. 3.  
14.

(t) Jude 23.

A Spotlesse Soule abhorres a (v) *spotted Face*  
Which where all's cleane within, can have no place

(v) Job 11. 15.  
1 Pet. 1. 19.

(y) 2 Pet. 2. 13.  
Jude 12.

\* Isa. 3. 16. to  
25. 1 Joh. 2. 15  
16. Rom. 12. 1.  
2. 1 Tim. 2. 9.  
10.

By Christs owne verdict, so that all may feare  
Inward uncleannesse where such (y) spots appeare;  
Which spring no doubt from \* Pride, lust, wantonnesse,  
Or following great Vaine Persons antique Dresse,  
The Sea which hates spots, shall in judgement rise  
Against all who with spots their Fronts disguise.

15.

The flowing Seas, which seeme to kisse, embrace  
The shore in lovely sort, yet in short space  
Recoile againe, and leave it naked, dry,  
And faster from than to it use to flye,  
Paint out in lively sort before our Eyes  
Those hollow hearted friends unconstant guise  
Who in the flood of Mens prosperity  
Can hugge, embrace, protest to live and die  
Together with them, But as soone as they  
Begin to Ebbe, and their estates decay,  
Forthwith (z) retire, and in post from them flye,  
Leaving them naked in their misery.  
This is the common friendship, now adayes,  
Wherein true Friends deserve both love, Crownes  
praise,  
Who still sticke closest in (a) adversity  
And then draw nearest when all others flye.

16.

Few put to Sea, or come a shore, but when  
It flowes, not Ebbes, which Character, that Men  
Delight to (b) swim still in prosperity  
And flowing streames, shunning adversity,  
With Ebbes of Fortune; though the (c) Schoole of  
grace  
And vertue, which in full Seas scarce finde place:

For

(z) Job. 29. 2. 10  
23. Luk. 16. 19.  
Jam. 5. 3. 5. 6.  
(c) Psal. 119.  
71. 67. Heb.  
12. 11.

For as the flowing Sea still runnes amaine  
Towards the Earth, and never turns againe  
Till Ebbes recall it: So prosperities  
Encreasing Flood, mens hearts, minds, loves, carries  
Still *towards (d) Earth and worldly things below*  
Drowning all Graces, vertues that should grow  
Within them; till some crosse Ebbes which befall  
Them, their hearts, thoughts affections quite

*(e) recall*

*From Earth and worldly things, to things above*  
Turning the streame of their desires, hearts love  
To God and grace above, the Port, But, End  
To which our Thoughts, Acts, motions should still  
tend.

*O (f) happy Ebbes, which mount our soules on high*  
*And them translate from Earth above the skie :*  
Were it not for these Ebbes, few would arive  
At heavens blest Port, to which they most men  
drive.

17.

When tis full Sea at one place, it is then  
Low Ebbe at others, Its Just so with men:  
Somes wealth, flood, greatnesse, others make poore,  
low.

And these their Ebbes, cause them to spring, rise,  
flow.

Tis never full Sea at once in all climes,  
Nor in all mens Estates, which have their times  
*To (g) Ebbe and flow by turnes;* we cannot all  
Be happie here; when some rise, some must fall.  
Yea, those who have the highest worldly Flood,  
Have oft with it the lowest Ebbes of good:

*Their Floods of (b) worldly wealth, Pompe, State, effect*  
*Strange Ebbes of Grace, and make them God neglect.*

The

(d) Jam. 5. 1.  
to 8. Prov. 1.  
32. Phil. 3. 19.

(e) 2 Chro. 33.  
12. to 20.

(f) Psa. 119. 71.  
1 Pet. 1. 6. 7.  
Heb. 12. 3. to  
12. Rom. 5. 3. 4.  
5.

(g) Psa. 30. 5.  
6. 7. Psa. 107.  
40. 41. Ps. 113.  
7. 8.

(b) 2 Tim. 4.  
10. Hof. 4. 7. c.  
10. 1. Prov. 1.  
32.

18.

The Sea in Calmes, and where no Rockes, Shelves  
lye,  
To crosse its course, runnes smooth without waves,  
cry;

But crosst by winds, stormes, rockes, sands, instantly  
It swells, roares, fumes, and rageth furiously  
Beyond all measure, caring not to split  
And breake it selfe 'gainst Rockes that hinder it:  
Thus many men who seeme milde, meek and sweete  
Of Nature, whiles they with no windes, rubbes  
meete

Which Crosse their Wills, designs, *swell some,*  
(a) *rage, fret,*

(if) 1 King. 13.  
4. Dan. 3. 11. to  
23.

*Storme, and all rules of reason quite forget.*

Oft in a moment, when crosst in their will  
Aymes, Endes, Lusts, Causes, whether good or ill;  
And like some furious, Bedlams, voyd of wit,  
Will in their fits of cholor rather split  
And wrecke themselves for ever, than not have  
Their wills in all things, which they seeke or crave.  
This Bedlam fury doth too oft undoe  
Those it possesseth, if not lookt unto  
In time, and quite subdude, especially  
Great men, or those who would be climbing high.  
Let all them flye it: 'tis mens shame to be  
As mad, rash, raging, as the Sencelesse Sea;  
And to permit their stations to transport  
Them past the bounds of reason, in this sort.

19.

When I behold men with much toyle to row,  
And beate the Seas oft-times when crosse winds  
blow,  
Or



Or tydes against them runne till they with paine  
Their wished Haven at the last obtaine.  
It mindes me how all Christians while below  
In this worlds Sea, should dayly strive and row,  
Against all winds, Tydes, Stormes, which crosse or  
drive

Them from Heavens Port, till they therein arrive  
In safety : which blest Harbor none can gaine  
Without much (1) *labour*, rowing, sweate, and paine.

(4) Luk. 13.  
24.

(1) I Cor. 9. 24  
25. 26. 27.

20.

Its dangerous crossing of the Seas at night;  
When neither Sunne, Moone, Starres yeeld any  
light.

Hence most ships in the night are cast away  
For want of light, when few are wreckt by day;  
This worlds Seas are most dangerous, specially  
In darkest Nights, when no light from on high  
Off saving Grace or (m) *knowledge* doth appeare  
Within mens soules, whereby their course to steare.  
Needes must men perishe then for want of light  
To shunne *Rockes, Shelves*, and guide their ships aright.  
We should then for this light of Grace more pray  
And long, than\* *Seamen* in a storme for Day.

(m) Joh. 11. 9.  
10. Hof. 4. 6.  
Mar. 15. 14. 1  
Joh. 2. 11. Joh.  
12. 35.

\* Aft. 27. 29.

21.

The deepest Seas run silent without noyse  
When as the shallow, roare, lift up their voyce;  
With horrid rage and out-cry. So we see  
The deepest, wisest men most *silent* be,  
Making least noyse or bragges, and\* *patiently*  
*Under all stormes and Crosse* quiet lye.

\* Psal. 39. 1. 2.  
9.

O

When

\* 1 Cor. 13. 1.

\* Isa. 59. 11. c.  
57. 20. 21.

When shallow Pates like \* *empty vessels make*  
*The greatest noyse, bragges, and most on them take;*  
 And being crost, pincht with adversity,  
 \* *Roare, rage, storme, & ex like Bedlams furiously.*  
 To bragge, vaunt, rage, foame, chafe and over-prate,  
 Is a sure Symptome of a shallow Pate.

22.

(o) 1 Joh. 15.  
2. 15. 16. 17.(p) 1 Cor. 7.  
31. Ecclef. 1. &  
2.(q) Psa. 49. 16.  
17. 18. Jer. 15.  
9. Amos 8. 9.

Whiles that the Sun-beames on the Sea shine bright  
 They make her shine so, that she bleares the sight  
 And eyes of men, with those meere borrowed  
 Rayes

Which she reflects, and so to them conveys :  
 But let the Sunne set, or a cloud it hide,  
 Her shining Luster's gone, and not espide;  
 When as the Sun-shine of prosperity

Breakes out on *this (o) worlds Sea, it bleares the eye*  
*Of Carnall men, and makes her shine so bright*  
 That nought to them seemes halfe so cleare, or  
 light,

Though all her Lustre be but borrowed Rayes,  
*Which (p) passe away, and in her make no stayer:*  
 As soone as Clouds or Crosses hide this Sunne,  
 Her glory fades, and all her splendor's gone;  
 O dote not then upon her hired light,  
 Which if it lasts all day, *still (q) sets at Night.*

23.

(r) Psal. 69.  
Mat. 14. 30. 31.  
(1) Prov. 25.  
19. 2 King 18.  
21. Isa. 36. 6.  
Ezech. 29. 6. 7.  
Nah. 3. 17.  
(t) Isa. 2. 22.  
Psal. 146. 3. Psa.  
118. 8. 9.

The Sea is liquid; and *whiles men doe thinke*  
*To walke upon it, downe they fall and (r) sinke;*  
 Unfaithfu'l friends are like; whiles we rest, stay  
 On them, we fall, sinke, and are cast away.  
 Try then before you trust; and *(t) rest on none*  
*Who are meere flesh, but upon God alone :*

Who

*Who (v) never failes, when false friends from us fall  
And true Friends dye, or cannot helpe at all.*

24.

*When we behold Seas constantly to flow  
In spite of winds & stormes which on them blow,  
Twice every day; It minds us how each day  
We (x) twice, at least, to God should duely pray,  
Maugre all Winds, Stormes, Sports, Workes, Com-  
pany,*

*That would us hinder from this piety.  
A type whereof the (y) double Sacrifice  
Of old each day, did paint forth to our eyes:  
And as Sea-waters alwayes joyntly flow,  
Twice every day together, whence they grow  
More strong and great: So every family  
Wherein the (z) Practice of true Piety  
Or gifts of grace reside, should twice each day  
Morning and Evening, to God joyntly pray,  
As well as privately; that so their Teares,  
Sighes, Cryes might sound more loude, sweete, in  
Gods eares,  
And (a) more prevvaile with him; O happy they  
Who with pure Hearts to God thus dayly pray.*

25.

*When we espie ships driven quite besides  
Their course and Compasse, with stormes, Winds,  
and Tydes,  
In darkeſt nights, and tempests for to croſſe,  
Saile, paſſe in ſafty, without wrecke, bruiſe, loſſe,  
Amidſt unknowne moſt dangerous, Rocks, Shelves  
when*

*All (b) hopes of ſafty faile in thoughts of men,*

O 2

(v) Pſal. 61. 8.  
Deut. 31. 6.  
Joh. 1. 5. Pſal.  
27. 9. 10. Pſal.  
60. 11.

(\*) Pſal. 92. 2.  
55. 17. Pl. 53.  
& 56. 8. & 88.  
13. Dan. 6. 10.  
1 Theſ. 5. 17.  
Ephes. 6. 18.  
Luk. 18. 1. c.  
23. 36.  
(y) Exod. 29.  
39. c. 30. 7. 8.  
Lev. 6. 12. 20.  
1 Chro. 16. 40.  
2 Chron. 2. 4. c.  
13. 11. c. 31. 7.  
Ezra. 3. 3.

(z) The pra-  
ctiſe of Piety p.  
26 1. & c.  
Heb. 10. 24. 25.  
Deut. 6. 6. 7. c.  
c. 11. 19. 18. 20.  
Pſal. 95. 1. 2. 3.  
4. 5.  
(a) Rom. 13.  
30. 31. Philem.  
22. 1 Theſ. 5. 22.  
2. & 3. 1. Heb.  
13. 18. 2 Cor. 1.  
11.

(b) Aſ. 27. 20.  
10. 44. Pſa. 107.  
25. 10. 31.

Sith

(c) Act. 20. 27.  
31. to 40. Psal.  
107. 24. to 31.  
Iſa. 22. 2. Jon.  
2. 6. Psal. 66.  
12.

(d) Psal. 78. 53.  
Psal. 3. 8. 43. 2.  
& 68. 20.

Sith diuerſe ſhips haue there beene caſt away  
Though ſtear'd by ſkilfull Pilots, at mid-day  
In Calmes and faireſt weather: we muſt thence  
Conclude, and cry, Gods ſecret (c) Providence  
(The beſt and onely Pilot) did direct  
*Their Helme, and them from Shipwracks thus protect.*  
And learne that humane ſkill, Art, nought awayles  
Unleſſe God ſteares the Rudder, guides the Sailes.  
No matter then what ere the Pilot be,  
If God us guide, we ſhall from wreckes be free.  
O Let us (d) pray to him alwayes to ſteare  
*Our Helmes,* then we no Rockes, wreckes, neede to  
feare,  
And ſhall faile ſafe, whiles others who relye  
Upon their ſkill, not God, wrecke, ſplit, drowne,  
dye:

26.

(e) Luk. 16.  
25. Job 21. 11.  
12. 13. Pro. 14.  
13. Rev. 18. 7. 8.  
Amos 6. 1. to  
8.  
(f) Job 21. 12.  
13. Iſa. 5. 11.  
to 16. Luk. 16.  
19. to 26. Eccl.  
11. 9.

When I behold ſweete pleaſant ſtreames to fall  
Into ſalt Seas at laſt, which drowne them all.  
I thereby learne, how worldly jollity,  
*And ſtreames of ſinfull pleaſures (e) end onely*  
*In Seas of briniſh teares, in floods of griefe,*  
*And plunge men into (f) Hell paſt all reliefe.*  
Fly then theſe pleaſant ſtreames which ever end  
In ſalteſt Seas, and men poſt to Hell ſend.

27.

When Marriners or Paſſengers long lye  
Waiting for Wind, and opportunity  
To croſſe the Seas to thoſe Ports, Townes, Coun-  
tries  
To which they bound are, they will in no wiſe

Let

Let slip, but take the first good Gale; which loſt  
May quite undoe, or put them to great coſt.  
Their Wiſedome ſhould inſtruct all thoſe who lye  
On Earth below, for paſſage to their high  
And Heav'nly Country, *never to omit*

*One (g) Gale of Grace which blowes well towards it,*  
But whiles Life, Time, and meanes of Grace endure  
And breath upon them, to make heaven ſure,  
And poſt on to it, with full Sayles each day;  
For feare *they* \* *loſe their paſſage through delay.*

One Gale of Grace or opportunity

Neglected, may loſe us eternity.

*Gods (b) Spirit, which blowes when and where it will*  
*Must not be ſlighted, but obſerved ſtill :*

*It will not over waite, nor (i) ſtrive with men*  
*And once departed, returns not agen.*

28.

Sea waters in their Channels, are but light,  
Under them all a Childe may ſtand upright :

But taken thence, they very pondrous prove,

A Pipe or two, no Gyant can remove ;

*Whole Seas of vaſteſt finnes are very (k) light*

*On carnall Hearts, who never feele their weight :*

Whereas to humbled Soules, the ſmalleſt Crimes

Are (l) heavier than the Sea ten thouſand times;

*Wherewith their Soules, are burden'd, and oppreſt,*

*More than if Mountaines lay upon their breaſt.*

The reaſons plaine; in one, finnes in its place;

But (m) out of it, in Hearts remude by grace.

Try then thy State hereby : if finnes weigh light  
In thy Soules Scales, thy caſe is ill, not right.

(g) Heb. 3.7.  
8.12.13. 15. c.  
4.1.11.16.

\* Mat. 25.9. to  
12.

(b) Luk. 19.42  
Pſal. 95. 7. 8.  
11. 1 Theſ. 5.  
19.  
(i) Joh. 3. 8.  
Gen. 6.3.

(k) 1 King. 16.  
30.3 1.32. Eze.  
26.37. Ephes.  
4.18. 19. Jer.  
36.23.24.  
(l) Pſa. 38.3.4.  
6.8. Mat. 11.28.  
Job 6. 2. 3. 4.  
Amos 2. 13.  
Rom. 7.23.24.  
25.  
(m) Hoſ. 14.2.  
8. Rom. 6.2. to  
22.

29.

(o) Gen. 1. 9.  
10. Psal. 33. 7.  
104. 6. 10 15.  
Hab. 2. 14. c. 3.  
15. Job 38. 16.  
Isa. 60. 5.

(p) Joh 1. 16.  
Col. 1. 19. c. 2.  
9.

(q) Psal. 104.  
21. 26. 27. 28.  
145. 15. 16. Psal.  
17. 14. Mar. 5. 6.

(r) Hab. 3. 17.  
18. 19. Psal.  
102. 26. 27. 28.  
Isa. 19. 4. Jer.  
31. 34. 36. 37.  
c 33. 20. 21. Pf.  
136. & 145. 9.  
15. 16. 17. 18.

(s) Gen. 1. 9.  
10. Job 38. 8.  
9. 10 Psal. 104.  
6. 7. 8. 9. Psal.  
33. 7. Psal. 136.  
6. Prov. 8. 29.  
Jer. 5. 22. Gen.  
6. 17. c. 7. 11. 10  
24. c. 8. 1. 10 22.  
(t) Exod. 34. 6.  
Psal. 103. 8. 9.  
10. 11. Psal. 86.  
15. 16.

The Sea is (o) full of waters, which there lye  
Pil'd up in Heapes, as in Gods Treasure,  
Or Common store-house; who doth thence disperse  
Them to all Places of the Universe,  
Where they are needfull: Which in lively wise  
Paints out most sweetely to our Hearts and Eyes,  
Those inexhaust, vast, boundlesse (p) Magazines  
Of goodnesse, grace, with all those golden Mines  
Laid up in God and Christ, who day by day  
With open Hands (q) disperse, and give away  
These precious stores, to every living thing  
Throughout the world, and to their Homes them  
bring.

How should the thought of their vast stores, feast,  
cheare

Our hungry Soules, and banish all their feare?  
Sith Seas shall (r) sooner faile of streames, and dry  
Quite up, then these stores of the Diety  
Faile, or diminish, which still open stand  
All needfull things to yeeld us out of hand.

30.

When I consider how the Seas did stand  
And swim at first (s) above the highest Land,  
Till God confin'd them within Bankes; whence they  
If but permitted, would soone scape away,  
And in a moment drowne the world againe:  
Me thinks it points out to us very plaine  
The patience, mercy, and (t) abundant grace  
Of our sweete God, who keepes them in their place,

Though

*Though (v) daily urged by our finnes, and Crimes,  
To let them loose, to drowne us, sundry times.  
And then instructs us, him not to offend,  
Who can at will whole Seas against us send,  
(Yea troopes of (x) Devils) which would soone de-  
voure  
Us, if not held off by his mighty Power.*

31.

*When I in (y) Scripture read, that God did found  
This world on Seas and floods, as on its ground;  
I finde the cause of this Worlds (z) sicklenesse,  
And all the things that We therein possesse.  
For how can ought be stable, firme or stay d,  
That on unstable, floating Seas is layd ?  
O then make nought that this world yeelds, your (a) stay,  
Or Treasure, sith it floates and swimmes away.*

32.

*The Sea is Homogeniall, and each small  
Drop in it, hath the nature of it all,  
In all respects; and will not (b) mixe, nor close  
With strange or forraigne things, but them oppose:  
Which should instruct all Christians, to agree,  
Yea in Faith, Word, and Deede but (c) one to be,  
And not to hugge, love, like, but (d) shun all those  
Who in Faith, Life, workes doe not with them close.*

33.

*The Sea retaines in every coast and place,  
Her Native Colours, and sweete azure face.*

(v) Psal. 7. 11.  
Lam. 3. 22. 23.  
Isa. 54. 9. 10.

(x) Mat. 5. 9. to  
15. Luk. 8. 30.  
to 35. Job 1.  
& 2.

(y) Psal. 24. 2.

(z) 1 Cor. 7.  
31. 1 Joh. 2. 15  
16. 17.

(a) Psal. 62  
10. 1 Tim. 6.  
17. Prov. 23. 4.  
5.

(b) Isa. 57. 20.  
Jam. 3. 11.

(c) Joh. 17.  
20. 21. 22. 23.  
Rom. 12. 16. c.  
15. 5. 6. Phil. 2.  
2. Aft. 4. 32.

(d) Psal. 119.  
115. Psal. 101.  
6. 7. 8. Psal. 139.  
21. 22. 2. Joh. 5.  
5. 10. 11. 1 Cor.  
59. 10. 11.



(e) 2 King. 9.

10. Jer. 4. 30. c.

22. 14. Ezech.

23. 10. Isa. 3.

16. 25. Zeph.

1. 8. 9.

(f) Jam. 1. 6. 8.

2 Pet. 2. 14. 15.

17. 20. Jude 12.

13. Ephes. 4. 1.

(g) 1 Cor. 9.

20. 21. 22.

(h) Act. 27. 41.

(i) Josh. cap. 3.

10. 13. 2 Chron.

15. 5. 6. c. 36.

16. 17. 18. 19.

20. Jer. 14. 15.

1 Sam. 3. 1. 10.

7. 2 Sam. 2. 26.

(k) Psal. 122. 6.

7. 8. Psal. 128.

6. Isa. 26. 3. 12.

A checke and shame to that phantasticke crue  
Which (e) paint, and chop old fashions still for new:  
And to those (f) changlings, who to serve the time  
Can suite themselves to every Sect, Place, Cline;  
And whiles they thus (g) become all things to all,  
In truth are nothing, and the worst of all.

34.

When angry (h) Crosse Seas meete and clasp together  
They foame, rage, roare, yea raise stormes in faire weather  
And tosse, wrecke, or indanger all that faile  
Or passe their race, and over them prevaile.  
When Potent Neighbour Princes, strive, war, fight  
One with another, with great force and might,  
Nought else but (i) bloody Battels, tumults, cries,  
Stormes, perils to their Subjects still arise,  
Which wrecke, consume their Fortunes, Goods, Lands,  
Lives.

And of all worldly blessings them deprives.  
O Let us then be thankfull for our peace:  
And (k) pray that it may last, and still increase.

34.

(l) 1 Sam. 15.

6. 7. Joh. 7. 24.

Mat. 23. 27. 28.

The Sea and Skies in colour both agree,  
When as in most things else they different be.  
Its then (l) ill judging by the meere out-side:  
Those who thus doe, shall oft times erre and slide.

35.

(m) Ecclef. 5.

1. 7.

All Springs and (m) Rivers runne with chearefull speed  
Into the Ocean whence they first proceede:

And

And should not we, with equall (o) chearefulnesse  
 And speed, our courses to the grave addresse?  
 Since we from (o) Dust did spring at first, and shall  
 By Gods decree to dust and ashes fall?  
 (How soone (p) he onely knowes:) thrice happy we  
 If for the grave we still prepared be:  
 The onely Harbour where we rest secure,  
 From all those Tempests, we did here endure.

36.

Nor neede we feare, since we shall not remaine  
 Still in our Graves, but thence (q) rise up againe:  
 For, as the Ebbing Sea when it linkes low,  
 And seemes quite lost, and never like to flow;  
 Yet in short space returnes, and springs afresh  
 As high as ever; So our Corps, and flesh,  
 Though turn'd to dust and rotted in the Grave,  
 A spring, and rich returne from thence shall have  
 With great advantage; rising up againe  
 Free from (r) corruption, sinne, ach, sicknesse, paine  
 And imperfection, in such glorious plight,  
 That Sunne, Moone, Stars, shall not shine halfe so bright.  
 Why should we then once (s) dread death, or the grave,  
 Or (t) lose our Soules, our Goods, Lives, Limbes to save?  
 Since our dead Corps, (v) lost Limbes shall rise againe  
 In such surpassing glory; and then (x) reigne  
 (Joyn'd to our Soules, and never more to dye,)  
 In perfect blisse, for all eternity?

Instruct us Lord to (y) live to Thee by grace,  
 Whiles we here faile in this Seas dangerous race:  
 Then are we (z) certaine when we end our dayes,  
 That thou wilt us from grave, to Heaven raise

P

Where

(n) Luk. 1. 29.  
 30. Gen. 46. 30.  
 Rom. 8. 23. 2  
 Cor. 5. 2. to 8.  
 Phil. 1. 23. Job  
 14. 13. 14. 6. 3.  
 22.  
 (o) Gen. 3. 19.  
 Job 4. 19. c. 34.  
 15. Pla. 103. 14.  
 15. Eccles. 3.  
 20. c. 12. 7.  
 (p) Gen. 27. 2.  
 Eccles. 9. 12:  
 Job 14. 1 Thes.  
 5. 2. 3.  
 (q) Job 19: 25.  
 Dan. 12. 21. Isa.  
 26. 19. Act. 24.  
 15. Rev. 20. 23.  
 1 Cor. 15. 12.  
 to 57. Joh. 11.  
 23. 24. 1 Thes.  
 4. 13. to 18.  
 Joh. 6. 39. 40.  
 44. 54.  
 (r) 1 Cor. 15.  
 42. 43. 44. 48.  
 49. 52. 53. 54.  
 2 Joh. 3. 2. Dan.  
 12. 3. Mat. 13.  
 43. Phil. 3. 21.  
 2 Thes. 1. 10.  
 (s) 1 Cor. 15.  
 14. 51. 56. 57.  
 (t) Mar. 8. 36.  
 Joh. 12. 25.  
 Mar. 9. 29. 30.  
 (v) Joh. 6. 39.  
 (x) 2 Tim. 2.  
 12. Rev. 20. 6.  
 c. 22. 5. 1 Thes.  
 4. 17.  
 (y) Ro. 14. 7. 8.  
 (z) Job 19. 25.  
 1 Joh. 2. 2.

(a) 1 Cor. 2. 9.  
Isa. 64. 4. Psal.  
31. 19. Rev. 22.  
1. to 8.

(b) Psal. 19. 14.

(c) Psal. 73. 25.  
Phil. 3. 7. 8. 9.

Where we more *Blisse and glory shall receive*  
*Than (a) tongues can utter, or our hearts conceive.*

Lord, let *these (b) Meditations of mine Heart,*  
*Mine owne, and others Soules to thee convert,*  
*And rap them into such sweete Extasies*  
*That they (c) nought else but Thee, may Love and prise.*

### *The Epilogue.*

(a) Psal. 104.  
34.

(b) Jude 13.  
Pro. 13. 5. c. 14.  
34.

(c) Isa. 26. 3.  
Phil. 4. 7.

(d) Phil. 3. 20.  
Col. 3. 2. 3.

(e) Psal. 107.  
23. to 33. Jona.  
1. 5. to 17.

**I**F all who use, crosse, view the Sea, would raise  
Such Meditations from it, to the praise  
Of its Creator, spending day by day  
Some vacant time, and pious thoughts this way;  
What Floods and streames of grace? what tydes of  
And (a) *sweetest Raptures* (able to destroy Joy  
Those sinnes, lusts, vices, which now taint, defame  
Their very Callings, and their Persons (b) *shame,*  
Would spring up in them? what blest *Calmes* (c) of  
*Peace*

*Amidst all winds and stormes?* what great increase  
Of Faith Love, knowledge, zeale, and each sweete  
Grace

Might thee enjoy, whiles they the Ocean trace?  
How *might their Soules (a) mount up above the skie*  
When as their ships sinke and their bodies dye?  
What change of Heart and Life would it effect  
In those, who now God, and their Soules neglect?  
What *holy, pious Saints might (c) Sea-Men be,*  
If they the Sea would thus divinely see?  
O! as they love their Soules, let me request  
Them, and all others, as they would be blest,  
Hence-forth at vacant times to lay aside  
All sins, Lusts, Vices, which their Soules mis-guide;  
(With

(With wordly workes, thoughts, cares) and then  
addresse

Their Hearts and Mindes in Sacred earnestnesse  
To pious (f) *Meditations*, from the sight  
And Nature of the Sea, which will (g) *delight*  
*Their drooping Hearts, their wicked Lives amend,*  
*And lodge their soules in (b) Heaven ere they end.*

If any want instructions to direct,  
Or helpe them in this kinde, let them reflect  
On this rude *Christian-Sea-Card*, which may guide  
Them, till some better *Card* thrust it aside;  
By which if they their course shall henceforth  
steare,

They neede no Rockes, Shelves, Gulfes, Stormes,  
Wreckes to feare.

(f) Gen. 24. 63.  
Psal. 77. 12.  
Psa. 119. 97. Pf.  
143. 5. Pf. 8.  
(g) Psal. 104. 34  
Psal. 8.  
(b) Phil. 3. 10.

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*F J N J S.*

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A  
CHRISTIAN  
PARADISE:

OR

*A Divine Posie, Compiled of sundry  
Flowers of Meditation, gathered from the Sweet  
and Heavenly Contemplation of the Nature,  
Fruites, and Qualities of Gardens.*

BY WILLIAM PRYNNE, late *Exile and Close Prisoner*  
in the *Isle of Ierisy.*

Isaiah 61. 10. 11.

*I Will greatly rejoyce in the Lord, my Soule shall be joyfull in my God,  
for he hath clothed me with the Garments of Salvation, he hath co-  
vered me with the Robe of Righteousnesse: as a Bridegroom decketh  
himselfe with Ornaments, and as a Bride adorneth her selfe with her  
Jewels. For as the Earth bringeth forth her bud, & as the GARDEN  
causeth the things that are sowne in it to spring forth, so the Lord will  
cause Righteousnesse and praise to spring forth before all the Nations.*

Cant. 5. 1.

*I am come into my GARDEN my Sister, my Spouse; I have gathered  
my Myrrhe with my Spice; I have eaten my Honey-combe with my  
Honey, I have drunke my Wine with my Milke. O Friends, drinke  
and be drunken with love, O beloved.*

Isaiah 58. 11.

*And the Lord shall guide thee continually, and satisfie thy Soule in  
drought; and make fat thy bones; and thou shalt be like a watered GAR-  
DEN, and like a Spring of Water, whose waters faile not.*

London Printed by T. Cotes, for Michael Sparke dwelling at  
the blue Bible in Greene Arbor. 1641.

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T O

The Worshipfull his ever Ho-  
noured Kinde Friends, M<sup>rs</sup> Douse, and  
M<sup>rs</sup> Margaret Carteret, Daughters to S<sup>r</sup> Philip  
Carteret Knight, Lieutenant Governor and Bay-  
liffe of the Ile of Jersey.



Weetenesse and Beauty, two chiefe Qua-  
lities  
Of Gardens, shine forth in such radiant  
wise

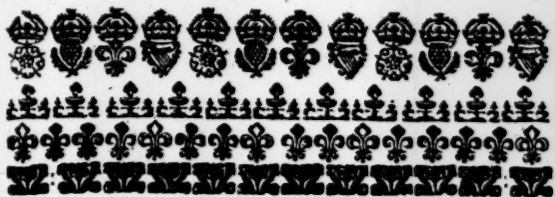
In you sweete M<sup>rs</sup> Douse, faire Margaret  
Prime Flowers of the House of Carteret,  
That 'twere Ingratitude, nay Injury  
For me in silence here to passe You by,  
And not inscribe this PARADISE to You,  
To whom it is in all respects most Due.  
Deigne then to owne this little Testimonie  
Of Thanks, for all your Love and Courtesie  
To me an Exil'd Prisoner, in Jersey,  
Who shall endeavour to be till I dye,

Your Devoted Friend

and Servant,

WILLIAM PRYNNE.





A  
CHRISTIAN  
PARADISE.

OR

*A Divine Posie, Composed of sundry  
Flowers of Meditation, gathered from the sweet  
and Heavenly Contemplation of the Nature,  
Fruites, and Qualities of Gardens.*

THE PREFACE.

**S**oare up my *Muse* upon the Eagles  
Wings,  
Above the Clouds, and sc̄rue up all thy  
strings  
Unto their Highest Straines, with Angels Layes  
Mens Soules to ravish, and their Hearts to raise  
From Earth to Heaven, with those sweetest Notes  
Which *Gardens* tender to thy plodding thoughts.

Q

A

*A Theme of Meditation, so Divine,  
Rich, pleasant, usefull; that no golden Mine,  
No Hony-Combe may once with it compare;  
Lord Feast our Soules with its Cœlestiall fare;  
Fruites, pleasures in such wise, that they may still  
Loath this worlds Cates, with all things that are Ill,  
Tasting no Pleasure but in Things above,  
The onely Dainties which they ought to love.*



### A brieve Character of a Garden.

- A** Garden is an Earthly *Paradise*,  
 No mortall Creatures, but Gods owne devise,  
 (The (a) first who Planted Gardens, which began  
 At the Creation; God then binding Man,  
 (The (b) Lord of all his workes) to this sweete Trade  
 To Keepe and Dresse the Garden he had made:  
 This was Mans first employment; so as He  
 In this Respect a Gardner stil'd may be;  
 The first and best of Trades; which (c) Adams tast  
 Of the forbidden fruite hath much debast,  
 And with it Gardens too, which thereby lost  
 Much of their Pleasure, to our Paine and cost.  
 Yet in this dolefull State of sinne, and vice;  
 They still remaine Mans terrene (d) *Paradise*;  
 Yeelding not onely Profit, but delight.  
 Foode, Cates, Salves, Phisicke, Pleasures to the sight.  
 And other Senses; solacing the Minde  
 With sundry Objects which it there may finde,  
 It, and the Body to refresh and cheare,  
 When as they tired, vexed, grieved are.

But

But this is nought to those Soule-ravishing,  
Sweete, heavenly Meditations which doe spring  
From Gardens, able to rap and inspire  
The coldest *Muse*, with a *Cælestiall* fire;  
Yea melt the flintiest Heart, and it advance  
Above the Spheares in a delightfull Trance?  
These make an *Eden* of each *Garden-Plot*,  
And here are fallen to my *Muses* Lot.



## Meditations of the first Kinde.

### I.

**F**irst then, a garden paints out to our Eyes  
And Hearts, its *prime* (\*) *Inventor*, *God* most wise;  
Whose peerelesse (f) *Wisedome*, *Art*, *skill* shine most bright  
In every *Tree*, *Plant*, *Herbe*, *Flower* which our sight  
Beholds in *Gardens*; whose variety.

In smell, taste, colour, forme, fruite, quality,  
And usefull vertues for all maladies,  
Wounds, Ulcers, Aches, stripes, Infirmities  
Of Man and Beast, (so many that Mans Art  
Hath not as yet found out the thousand part  
From *Adams* fall till now,) at large descry  
Gods matchlesse Art and wisedome to each eye.  
View we the goodly Colours, Beauty, Frame,  
Embroidry, carving, fruites, leaves, rootes (which  
shame

And pose all Artists) with the Joynts, and sweete  
Proportion of those Parts, which in them meete;  
And we must needs confesse him (g) *only* wise  
Who these rare peeces did at first devise,  
Without a Patterne, and doth dayly raise  
Such worlds of goodly Fabrickes to his praise.

(\*) Gen. 2. 8. 9.

(f) Psal. 104.  
24. Dan. 2. 20.  
Pro. 3. 19. Jer.  
10. 12. c. 51. 15.  
Ephes. 3. 10.  
Col. 2. 3.

(g) Psal. 104.  
24. 1 Tim. 1.  
17.

(k) Psal. 147.  
5. Job 36. 5.  
Rev. 7. 12.

O let our Hearts, words, workes, still celebrate  
His (b) boundlesse wisedome, who did these create.

2.

(i) Cant. 2. 12.  
C. 5. 13.

That most transcendent Beauty which we see  
With dayly admiration in each Tree,  
Plant, Herbe, Carnation, Lilly, Tulip, Rose,  
With worlds of other Flowers, which the Nose  
Affect with (i) pleasant smells, and beautifie  
The Earth and Gardens, more than starres the skie,  
Shining with rarest Colours of each kinde,  
So fresh, mixt, sortd, that they rap the Minde  
Into amazement; sweetly manifest,

(k) Psal. 27. 4.  
Psal. 90. 17.  
(l) 1 Tim. 5. 16.  
1 Joh. 1. 5.

In some darke measure, to each pious Breast,  
Gods most surpassing (k) Beauty, to whose (l) Light  
The Noone-day Sunnes more darke than any Night.

(m) Mat. 6. 28.  
29. Luk. 12. 27.  
Isa. 40. 6. 7. 8.

Why doe we then like doting Fooles admire  
A comely Face, necke, hand, bush, brave Attire,  
Or waxe proud of them? (as most doe,) since grasse,  
Trees, (m) Lillies, flow'rs, In beauty farre Surpasse  
The fairest Kings Queen's, Ladies, whose hands, face  
And rich Array, compar'd to these, are base.

(n) 1 Tim. 6.  
16.

O! if we dote on Beauty, let the Rayes  
Of (n) Gods Eternall Glory, past all praise.

(o) Psal. 116. 1.  
Psal. 73. 25. 26.  
Psal. 116. 2. 5. 6.  
11.

And Comprehension, pierce, melt, rap, transport  
Our Soules with (o) Love, & scorch them in such sort,  
That they may ever burne with its sweete flame,  
And deeme all Beauty else not worth the Name;  
Being imperfect, (p) fading every Houre,

(p) Isa. 40. 6.  
7. 8. Psal. 103.  
15. 16. Psal. 90.  
5. 6. 7.

Not halfe so lovely, comely as a flower.

Each

3.

Each Plant, Herbe, Roote, Grasse, Flower which doth grow,

In Gardens, (q) Gods Almighty power forth shew.

Since all the Monarches, Artists, Men that live,  
With all their might, wit, skill, can never give  
Life to existence to the smallest flower.

Much lesse an Essence: O what little power  
Is there in greatest Kings; who cannot make  
One Grasse, Herbe, Plant, though Nestors yeares  
they take

To doe it! O, what wondrous Potency  
Is there in God! whose (r) word did instantly  
Create all Creatures, Herbes, Trees, Plants that grow,  
In Gardens, Orchards, Woods, Fields here below?

O let our Minds, when we these Creatures see,  
Upon his (s) mighty Power still fixed be:  
Which as it (t) dayly makes the fairest Trees,  
Plants, Herbes, and Flowers, spring by sweete degrees  
Out of the vilest dust; can likewise raise

Us from the very grave, his power to praise.  
Be then our (v) Cases, Crosses ne're so ill,  
Take courage, God can mend them when he will;  
And in due season make us spring againe,  
Like withered Plants, Herbes, Flowers, after raine.

(q) Psal. 104.  
1. 14. 15. 16.  
Jer. 10. 12. 13. c.  
51. 15. c. 32. 7.

(r) Gen. 1. & 2.  
Psal. 104. 14.  
15. 16. Psa. 33.  
6.

(s) Jer. 51. 15.  
Dan. 2. 37.

(t) Psal. 104.  
14. 15. 16. Psal.  
147. 8. Mich. 5.  
7.

(v) Psal. 116. 6.  
Psa. 116. 6. Psa.  
40. 2. 3. Jer. 32.  
17. 27. Eph. 3.  
20.

4.

Gardens shew forth (x) Gods goodnesse to mankinde,  
Which he who seeth not in them, is quite blinde.  
For, doth not that great, sweete, variety  
Of garden Plants, Fruites which delight the Eye  
And other Senses; ease, helpe, and redresse  
All paines, wounds, sores, diseases that oppresse

(x) Psal. 33. 5.  
Psal. 65. 11.  
Gen. 1. 11. 12.  
19. 30.

Q 3

Both



- Both Man and Beast;yeelding them Physick,Food,  
Salves,Sauce,Cates,Cordialls,Fumes, Cloathes,all  
that's good  
Or usefull for them, plainly (?) manifest  
Gods gracious Bonnty to each Man and Beast?  
O what abundant Service, (?) thanks, praise, Love,  
Are due from Man unto his God above?
- (?) Psal. 104.  
24. Psal. 145. 7.  
15. 16.  
(?) Psal. 107. 8.  
15. 21. Pl. 145.  
7. 8. Zech 9. 17.  
Who hath thus stored Gardens, fields, each place,  
With such great plenty of these gifts of grace?  
O, let us blush that we serve, love, no more  
God, who hath blest us with this happie store.  
And hence conclude in our Necessity,  
That this good God will (a) all our Wants supply:  
(a) Phil. 4. 19.  
He who our Gardens doth with these things store,  
Our Bodies, Soules, will feed, feast, fill much more.

## 5.

- (b) Psal. 104.  
1. 14. 15. 16.  
A Garden like a Glasse, Gods (b) Providence  
Reflects most clearely, to the dullest sense;  
Who for Mans use and Service in each Clime,  
Makes Trees, Plants, Herbes, Flowres, Seedes (?) spring  
in due time,  
(c) Cant. 7. 12.  
c. 2. 12. 13. Gen.  
1. 11. 12. 29. 30.  
Which are most usefull, fit to ease, heale, feede,  
And helpe those in the countries where they breed.  
And placed neare him great variety  
Of Herbes, Salves, Physicke, for each Malady,  
Both easie, cheape and ready still at hand,  
If He their vertues did but understand.  
(d) Psal. 8. 4.  
Job 7. 17. 18.  
Ezech. 47. 12.  
O what a tender (d) Care hath God of Man,  
Thus to provide for each disease that can,  
Or doth befall him, such cheape, ready Cures!  
(e) Psal. 145. 1.  
2. 7. 21.  
And litch that He our wealth doth so respect,  
(f) Deut. 6. 12.  
c. 8. 11.  
Let us (f) take heede, we never him neglect;  
(g) Isa. 38. 21.  
Ezech. 47. 12.  
2 King 8. 29.  
Nor yet our selves, but thankfu'ly (g) make use  
Of what may to our Health, or ease conduce.

Lord,

Lord, when we walke in Gardens to delight  
Our mindes, or senses, let the sweetest light  
Of Thee, and these thy Attributes, which they  
Present most clearely to us day by day;  
Rap up our Soules into such Extasies,  
That they nought else but Thee; may love or prise.



Meditations of the second Ranke.

**M**oreover Gardens lively represent  
Christ to our Eyes and Mindes, with blest  
content.

I.

For first, as *Gardens*, yeeld all *(h)* rarities  
And pleasant Objects to delight the Eyes  
And other Sences; so all pleasant, sound  
Soule-cheering *(i)* Comforts, Joyes in Christ are found.  
Our Hearts to solace; whence most sweetnesse springs  
When we taste nought but Gail in other things :  
Oblest Jesus such Soule ravishing  
Groves, streames of *(t)* sweetest Cordialls from Thee  
spring

To cheare our drooping Soules in all distresse,  
That did they once but *(l)* taste their lusciousnesse,  
And more than Honey sweetnesse, they would be  
Rapt and *(m)* inamor'd with nought else but Thee.  
O let me feele how good, how sweet thou art.  
Then thou alone shalt feast, fill, have mine Heart.

Againe,

*(h)* Gen. 2. 8. to  
17. Eccles. 2. 5.  
Jer. 29. 5. 28.  
Cant. 4. 16. c. 5.  
1. 2. c. 6. 2. 3.  
11.  
*(i)* 2 Cor. 1. 3. 4.  
5. 6. Phil. 2. 7. 8.  
9. Heb. 10. 33.  
34.  
*(t)* 2 Cor. 1. 3.  
4. 5. 6.

*(l)* Psal. 34. 8

*(m)* Psal. 73. 25.  
Cant. 2. 5. c. 5.  
8.

2.

(n) Ezech. 47.  
12. Deut. 11. 10  
1 King. 21. 2.  
Gen. 2. 9.  
(o) Isa. 53. 4. 5.  
6. 1 Joh. 1. 7. c.  
2. 2. Rev. 1. 5.

(p) Mat. 11. 28.  
29. c. 9. 11. 13.  
1 Tim. 1. 15.  
(q) 1 Joh. 1. 7.  
Rev. 1. 5. Heb.  
9. 14.

Againe, as fruitfull Gardens bring forth store  
Of (n) Herbes, Receites, for every Sicknesse, sore,  
Wound, Ulcer, Ache that hapneth to Mankinde.  
So in our (o) Saviour Christ, our Soules may finde  
A Sovereigne Herbe, Balme, Salve for to appease  
Helpe, heale, each sore, wound, ulcer, ach, disease  
That doth or can them any times annoy,  
Grievē, paine, perplex, or threate them to destroy:  
Are then our Soules sicke, wounded, like to dye  
With any sinne, or deadly Maladie;  
O let us then (p) resort to Christ with speede,  
For Herbes, Salves, Physicke, all else that we neede;  
Whose (q) Blood's a royall Balme, receipt to save  
All Soules which from it helpe, health, Physicke crave.

3.

(r) Gen. 27. 27  
Hof. 14. 6. Cant.  
2. 15. c. 4 11 c.  
7. 13.  
(s) Cant. 1. 2.  
12. 13. 14.  
Eph. 5. 2. Cant.  
5. 5. 13. Rev. 8.  
3. 4.

(t) Isa. 64. 6.

(v) Isa. 1. 13.  
14. 15. Pro. 28.  
9.  
(x) Rev. 8. 3. 4.

Gardens still yeeld a pleasant fragrant (r) smell,  
And rich perfumes; Christ doth them farre excell  
In his (s) sweete-smelling Odors, which ascend  
Into Gods Sacred Nostrells, to amend  
Perfume and sweeten, all those stinking, soure,  
Unsavory Prayers, which to God we pōwe,  
In Christs sweete Name, whose horrid sent and stinke  
(More Loath-some than the vilest kennell, sinke),  
Wou'd else so much (t) offend his Sacred Nose  
That he both it, and his Eares too would close  
Against them; yea (v) detest, both them and us;  
Where now these Odors make them gracious,  
Farre (x) sweeter than the richest sent that can  
Be found out, to delight the Nose of Man.  
And as Christs fragrant perfumes farre excell  
The sweetest Incense, in his Fathers smell,

So

So doe they likewise in the sent of those  
Whom he hath chosen; to whose *Sacred Nose*  
*The fragrantst Odors matcht with* (y) *Christs are stinke*  
And more unsavory than the foulest sinke:  
Sweete Jesus let thy pleasant perfumes move,  
And ravish all our Soules, with thy sweete Love.

(y) Cant. 1. 3.  
12. 13. 14.

4.

Gardens have pleasant (c) Fountains, where we may  
Our bodies bathe, and wash their filth away;  
Yea quench our thirst, our heates coole, and revive  
Those Trees, Herbes, Plants that fade, and make  
them thrive.

(c) Gen. 2. 10.  
Isa. 53. 11.  
Cant. 4. 15.

Christ hath a pleasant (a) Fountaine, Spring, or Well  
Of sweete and living waters, that excell  
All others, springing in him, where we may  
Bathe, coole, refresh our Soules, and wash away  
The filth of all our sinnes; and eke revive  
Our withering Graces, and them cause to thrive.  
Lord ever bathe our Soules in this blest spring,  
Which will both Health, Joy, safety to them bring.

(a) Isa. 55. 1  
Joh. 7. 37. 38. c.  
4. 13. 4. 15. Jer.  
2. 13. Zech. 13.  
1. Rev. 1. 5; 1  
Joh. 1. 7.

5.

Most Pleasant (b) Hearbes, Rootes, Fruites in Gardens  
grow,

(b) Gen. 1. 11.  
12. 22. 30. Gen.  
2. 8. to 16. 1  
King. 21. 1.  
Cant. 6. 2. c. 7.  
1. & c.

To feede and feast mens Pallats: Such fruites flow,  
And spring from Christ, our Soules to sat, & feast, cheare,  
As farre surpasse all Cates that Gardens beare;  
No Honey, Marrow, Manna may compare  
With his rare sweete-meates, and Cœlestiall Fare.  
O come and (d) taste how sweete Christs dainties be,  
Then will we long to feast with None but He.

(c) Mar. 11. 28.  
29. Psal. 63. 5.  
Psal. 19. 10, Isa.  
25. 6.  
(d) Psal. 34. 8.

R

Gardens

6.

(e) Psal. 80. 10.

Hof. 4. 13. Jon;

4. 5. 6.

(f) Cant. 2. 3.

Isa. 25. 4. 5. c. 4.

6. c. 3. 2. 2. Psal.

121. 5. Psal. 17.

1. Thet. 1. 10.

Gardens are fraught with Arbors, Trees, whose  
(e) shade

Cooles and repels Heate, stormes which would invade,  
And scorch us sore, Christ hath a (f) shade most  
sweete

Against all scalding Heates, all stormes we meete,  
Tea from his Fathers burning Wrath and Rage

Which none but he can quench, coole, or assuage;

O then in all such scorching Flames still fly  
To Christs sweete shade for ease and remedy.

7.

(g) Gen. 3. 8.

to 17. c. 3. 1. 2.

3. Cant. 5. 1. c.

6. 2. Eccle. 2. 5.

(h) Cant. 5. 9.

10. 11.

(i) Cant. 5. 4. 10

16. c. 8. 6. 7.

Rom. 8. 38. 39.

Gardens are full of (g) beauty and delight

And so is Christ in all his chosen's sight;

None halfe so (h) comely, Lovely, faire as He

In whom we nought but comelinesse can see.

O let his beauty (i) kindle such a fire

In all our Soules, as never shall expire;

And may consume all flames of lustfull Love

Wedding us onely unto Christ above.

8.

(k) Gen. 2. 8. 10

16. Isa. 51. 3. c.

61. 11. Ezech.

28. 13. c. 31. 8.

9. c. 36. 35.

Joel. 2. 3.

(l) Cant. 5.

10. Joh. 1. 1. 2.

16. Rom. 8. 29.

Col. 2. 9. 10.

(m) Isa. 55. 1. 2.

Jam. 1. 5. Joh.

1. 16.

Gardens are ever rich and fruitesfull ground;

All usefull Herbes, Trees, fruites in them abound;

Christ is the (l) best, prime peece of all Man-kind

In whom alone all good things we may finde

At any season, in such copious store,

As will suffice mankinde for evermore.

O then (m) resort to him for every thing

We want, in whom all good things grow and spring.

The

9.

The *Seedes, Plants, Rootes* which we would have to grow.

In Gardens, we (*n*) there bury, set, or sow :

So Christ that he might grow and fructifie,

Within a (*p*) Garden did intomb'd lye,

Where (*q*) springing up from death to life againe,

He fill'd the (*q*) world with his increased traine

Which Lury onely did confine before

But now the world, which scarce contains his store.

10.

Christ, here on earth did Gardens highly grace

(*n*) Resorting oft unto them, in which place

He was betray'd, entomb'd, rais'd up, and then

First there appear'd to Mary Magdalen.

Each Garden then we see, should still present

Christ to our sight, minds, thoughts, with sweete

Content;

Wherein with Eyes of Faith, we may behold

Christ walking with us, as he (*s*) walkt of old

With his Disciples, to instruct, joy, cheare,

Our blind, sad Hearts, and banish all their feare

Here may we view false (*t*) Judas, him betray,

With fained kisses; and thence lead away

With Bands of Catch-poles, arriv'd with, Swords, Bills,

staves;

To teach us to beware such flattery Knaves,

Who are most treacherous when they seeme most

kind :

And that a Judas we shall ever finde.

Amidst Christs choyce Apostles; who for gaine

Will both betray Christ, and his chosen traine,

R 2

And

(*n*) Gen. 28.

Isa. 61. 11. Luk.

13. 19.

(*o*) Joh. 19. 41.

42.

(*p*) Joh. 20. 1.

10. 18.

(*q*) Mar. 28. 19.

Mar. 16. 15.

Col. 1. 5. 6. 23.

Rom. 10. 18.

Rev. 14. 6. Psal.

19. 4.

(*r*) Joh. 18. 1. 2.

3. 26. c. 19. 41.

42. c. 20. 1. 10

18.

(*s*) Joh. 18. 1. 2.

(*t*) Joh. 18. 3.

10. 18.



(v) Joh. 19.  
41. 42.

(x) Joh. 20. 1.  
to 18. 1 Cor.  
15. 54. 55. 56.  
57.

(y) 1 Cor. 15.  
54. Rom. 6. 9.  
10. 11.

(z) Job 19. 25.  
26. 27. 1 Cor.  
15. 20. to 56.  
1 Thef. 4. 13. to  
18. Rom. 6. 9.  
10. 11.

(a) Rom. 1. 19.  
20. 21.

(b) Isa. 2. 30. c.  
30. 32. c. 31. 7.

(c) Gal. 3. 1.  
1 Cor. 10. 3. 4.  
c. 11. 24. 25.

And them in their sweete Gardens trap, surprise,  
Wherethey no danger saw, nor could devise :

Here, may we eye (v) *Christ lying in his Tombe*  
*A sweeten death,* and all our graves perfume.

Here may we see him (x) *rise up the third day*  
*To conquer Death,* and take his sting away,  
*Leading him Captive in triumphant wise*

That we might learne his terrors to despise,

And never dread this (y) *vanquishd Enemie,*

Who kills us once to live eternally.

Here may we view our Bodies, by (z) *death slaine*

*And turn'd to Dust,* by *Christ rais'd up againe*

*In glorious state,* to live in *Endlesse Joy*

*Above Deaths reach,* and all that can annoy.

Here may we finde our Saviour still appeare

From day to day, our drooping Hearts to cheare,

In each roote, seede, plant, herbe, which shall arise

Out of the Earth; which (a) *shewes him to our eyes;*

What neede of Popish Pictures then to bring

Christ to our Eyes, minds, thoughts? sith every  
thing, (growes,

Plant, Herbe that in our Gardens sprouts, lives,

His life, Death, rising, farre more clearly shewes?

(b) *Away then with these Cursed Idolls;* we

Christ no where else will ever seeke, view, see

But in his (c) *Word, Workes, Sacraments,* wherein

*We onely can behold him,* without sinne;

And when we long him, or his Acts to Eye,

If Bibles faile each Garden will descry

Them to us, in more sweete and lively wise,

Than all the Pictures Papists can devise.

Blessed Lord Jesus when we ever walke

Within a Garden, Let us with thee talke,

In such sweete Contemplations, and delight

Our Soules, Eyes, Sences with thy blessed sight,

Which



Which every Garden Tree, Plant, Herbe, Flower,  
Grasse,

Reflects more clearly than a Christall Glasse,  
Then shall each Garden which we view or see,  
A blessed second (d) *Eden* to us be.

(d) Ezech. 28.  
13.



## Meditations of the third Classe.

**A** Garden is a Map of Paradise,  
The plot, <sup>e</sup> from whence all Gardens took their rise.  
Compar'd, they suite, and make an Harmony,  
Which cheares our Soules with its sweete melody.

(e) Gen. 2. 8. 9.

I.

For first, as God did (f) *Eden* Plant, decke, fill  
With choycest Trees, Herbes, Fruits; so men doe still  
Their (g) Gardens with these dayly decke, store, grace,  
And more enrich, than any other place.

(f) Gen. 1. 8. to  
16. c. 3. 1. 2.  
(g) Deut. 11. 10  
Can. 6. 2. 3. 11.  
to 16. c. 5. 1. 2.

2.

*Eden* was full of (g) pleasure and delight  
Of goodly Trees, Flowers, Fruites to please the sight,  
And Pallate: So are (h) Gardens, where we finde  
Most pleasant objects both for Eye, Mouth, Minde.

(g) Gen. 2. 8.  
to 16. Isa. 51. 3.

(h) Eccle. 2. 5.  
Cant. 5. 1. 2. c.  
6. 2. 11.

3.

*Eden* was very (i) fruitfull: Gardens are  
The (k) fertilest plots, and most Fruites ever beare.

(i) Isa. 51. 3.  
Joel. 2. 3. Gen.  
13. 10.  
(k) Isa. 58. 11.

R 3

*Eden*

(l) Gen. 2. 9. 10.  
11. 12.

(m) Isa. 58. 11.  
Num. 24. 6.  
Cant. 4. 5.

Eden was seated close by (l) Rivers sides,  
And watred with their Christall streames and sides;  
Thus are most (m) Gardens seated, that they may  
become more fruitful, pleasant, green, fresh, gay.

(n) Gen. 2. 15.  
16.

(o) Joh. 20. 15.  
Jer. 29. 5. 28.  
Amos 9. 14.

(p) Ezech. 16.  
49. Mat. 20. 3. 6.

1 Tim. 5. 13.  
1 Thes. 4. 11. 2

Thes. 3. 6. 10  
16. Exod. 20. 9.

(q) Gen. 2. 15.  
c. 3. 17.

(r) Gen. 1. 26.

Eden was kept and drest by (n) Adam, who  
Was bound by God this taske to undergoe.  
And who but (o) Men, doe yet still keepe and dresse  
Those pleasant Gardens which we here possesse?  
Beasts, Horses, Oxen, helpe to till our ground,  
Fit to dresse Gardens, onely Men are found.  
Hence may we learne that God (p) bates Idlenessse  
In all estates, who ought still to addresse  
Themselves to some good honest worke, Art, trade,  
Sith Adams (q) set to worke as soone as made,  
Though the sole Monarch of the world; and all  
The Creatures in it; which before the fall  
Were at his meere Command, and did afford  
Him all he needed, of their owne accord.

6.

(s) Gen. 2. 8. 10  
17. c. 3. 1. 10 7.  
Isa. 51. 3.

(t) Cant. 5. 1. e.  
6. 2. 11. c. 8. 13.

God had no sooner Adam made, but He  
Him (s) plac'd in Eden, happie there to be,  
As in the choicest, fruitifullst, p'asantst plot  
This lower world could unto him alot.  
All take delight in (t) Gardens to reside,  
The onely Edens where they would abide:

Whence

Whence all who have but one small piece or plot,  
Of Earth, will to a (v) Garden it alot.

(v) Jer. 19. 5.  
18. Amos 9. 14.

7.

Man entred (x) into Eden, voyd of sinne;  
O let us thinke of this, when we begin  
Our Garden doores to enter, that we may  
Avoyd all sinne, which (y) mankinde first did flay;  
And dayly strive to be as Innocent  
As Adam, when he into Eden went.

(x) Gen. 2. 13.  
to 25. c. 3. 1. 2.

(y) Rom. 5. 12.  
13-14.

8.

The Tree of Knowledge (which did typlise  
Christ, or his Sacred Word to Adams Eye,  
In (z) midst of Eden stood: Thus each Plant, Tree  
Which we in midst of Gardens chance to see,  
Christ and his Sacred Word in lively wise  
Present, shew, point out to our mindes and Eyes.

(z) Gen. 2. 3.  
16. Rev. 2. 7.

9.

Eden a (a) Serpent had which did betray  
First Eve, then Adam, and them eist away;  
By his Temptations, their Credulity.  
No wonder then if we sometimes espie  
Not onely Weedes, but Serpents, Adders, Snakes,  
Toades, & such vermin; (whose meere aspect makes  
Most men to tremble) in our Garden-plots,  
To make us feare that (b) Serpent; which besots,  
Betrayes, and stings us still through pleasures, vice.  
As he did Adam in old Paridise:  
O let us then in no place rest secure;  
Sith he in Eden did Man first allure.

(a) Gen. 3. 1. 2.  
16. 2 Cor. 11.  
3. 1 Tim. 2. 24.

(b) 2 Tim. 2. 26.  
2 Cor. 11. 3.

Much



12.

*Man banish't Eden for his wilfull sinne,  
Was ever after (g) barr'd from entering in  
Again, by a bright sword with fiery flame  
Which turned every way to guard the same.*

(g) Gen. 3. 22.  
23. 24.

The hedges, pales, walls, doores, that close and fence  
Our gardens, to keepe Men and beasts from thence,  
Should ever mind us of this sword, that vice,  
Which thrust and kept man out of Paradise:  
And teach us with all care, paines, industry,  
To strive to enter (h) Eden that's on high,  
Since we are thus excluded this below,  
The very place whereof none this day know;

(h) 2 Cor. 12.  
4. Rev. 2. 7.

13.

Mans losse in Edens Garden, might affright  
Us all, and dampe the joy, mirth, and delight,  
Which Gardens yeeld; yea had not Christ repair'd,  
What man there lost, we should have quite despair'd.  
But now take courage and no more complaine;  
Christ in a garden hath restor'd againe  
What Adam therein lost; that wee might all  
Be there repair'd, where first we caught our fall:  
Which that I may with sweeter fruit declare,  
Ile Christ with Adam; place with place compare.

I.

Adam at first in Eden was (i) betray'd,  
And trap't by those snares which the Serpent layd.  
Christ in a Garden was betray'd, and snar'd  
By Judas, and those troops which bee prepar'd.

(i) Gen. 3. 1. to  
9.  
(k) Joh. 18. 1.  
to. 16.

S

Adam

2.

(l) Gen. 3. 1. to  
24.  
(m) Joh. 19.  
41. 42. Rom. 6.  
1. to 12.

Adam in Eden (l) caught that break-necked fall  
Which in a moment did undoe us all:  
Christ in a (m) Garden tooke his lowest fall  
Into the grave, which rais'd and made us all.

3.

(n) Gen. 3.  
Rom. 5. 12. 13.  
14.  
(o) Joh. 18. 1.  
to 16. c. 19. 41.  
42. Rom. 6. 7.  
8. 9.

Adam there fell in (n) state of Innocence,  
And wreckt us all, by this his prime offence:  
Christ in (o) a garden fell, though free from fault,  
To make us guiltlesse, and our state exalt.

4.

(p) Rom. 5. 12.  
13.  
(q) Isa. 53. 4. to  
12. Rom. 4. 25.

Adam (p) by sinne, Christ (q) for sinnes onely fell:  
Hee for his owne; Christ, for those in us dwell.

5.

(r) Gen. 3. 22.  
23, 24.  
(s) Acl. 2. 24.  
to 37.

Adam fell (r) flat, but could not rise againe:  
Christ fell (s) but rose, nought could him downe detaine.

6.

(t) Rom. 5. 12.  
to 20. 1 Cor. 15.  
22.

His fall himselfe, with all (t) his race downe threw:  
Christs fall him rais'd, with all his chosen crew.

7.

(v) Gen. 3. Joh.  
19. 41, 42. c. 20.  
1. to 12.

He in a (v) Garden fell; there Christ arose  
To save man there, where hee himselfe did lose.

Adam

8.

Adam there falling, did (x) *corruption* bring  
Unto himselfe, and all who from him spring:  
Christ dead and buried here, did (y) *never* see  
*Corruption*, and all his did from it free.

(x) Gen. 3. 19.  
Rom. 5. 8, 9.  
(y) Act. 2. 24.  
to 36. c. 13. 34.  
35. 37. 1 Cor.  
15. 50. 52, 53.  
54.

9.

Hee fell in Eden (z) *by* the tree of life  
Of which hee ate, allured by his wife:  
Which tree (that in the (a) *midst* of Eden grew)  
Instead of giving life (b) *him* and us flew.  
Wee by our (c) *eating* of this blessed tree  
Of life, Christ Jesus, are thereby made free  
From death and hell, who planted was, and lay  
(d) *Entomb'd* amidst a garden, (e) *death* to slay:

(z) Gen. 3. 1. to  
12.  
(a) Gen. 2. 9.  
(b) Rom. 5. 7,  
8, 9. &c.  
(c) Joh. 6. 50.  
51. 54. 57, 58.  
(d) Joh. 19. 41.  
42.  
(e) 1 Cor. 15.  
54, 55, 57.

10.

Adam was (f) *thrust* from Eden to his losse:  
Christ from a (g) *Garden* lead was to his Crosse.

(f) Gen. 3. 22.  
(g) Joh. 18. 1.  
2. to 16.

11.

He (b) *banisht* Eden, could returne no more,  
Christ all his chosen thither to restore,  
Dragg'd (i) *from* a garden, was brought backe againe  
And there entomb'd, as soone as he was slaine.

(b) Gen. 3. 22,  
23, 24.  
(i) Joh. 18. 1.  
2. c. 19. 41, 42.  
(k) Gen. 3. 3. to  
18. Rom. 5. 7.  
to 16.  
(l) Joh. 19. 41.  
42. c. 20. 1. to  
17.

12.

In Eden (k) *death* against man first prevail'd:  
Death in a (i) *Garden* was by Christ first quail'd:

S 2

Here



*Here he arose againe from death : and then  
 Appeare'd there first to Mary Magdalen.  
 Winning the field of Deaths, Sinnes, Devils Host,  
 In that same place where Adam first it lost:  
 And there triumphed over all this Sect,  
 Where they their Trophies did at first erect.  
 Needs must our Gardens then be very sweet,  
 And pleasant, where these acts of Christ all meet:  
 Which rightly pondred by us, in a trice,  
 Would change each Garden to a Paradise,  
 And make us see, that we by Christ gaine more  
 In Gardens now, than Adam lost before.  
 Sweet Jesus when a Garden we espie  
 Rap thou our soules into an extasie.  
 With these, or such like pious Thoughts; that we  
 An Eden in each Garden-plot may see;  
 And feele a blessed Heaven still to grow,  
 Within our soules, whiles we are here below.*



### Meditations of the fourth Classe.

**A** Gaine; mee thinks a Garden Gods blest Word  
 Doth well resemble, and therewith accord.

I.

(m) Gen. 27. 27.

Hosea 14. 6.

(n) Cant. 5. 16.

2 Cor. 2. 15.

(o) Pl. 119. 97.

47. 48. 2. 111.

112 113. 127.

340 159. 167.

For first, as (m) Gardens yeeld most fragrant smells,  
 So Gods deare Word in (n) sweetnesse farre excels:  
 Its rich perfumer, and odours still entice  
 His Saints to (o) love it, in most ardent wise.

O let

O let our (p) houses, words, thoughts, acts, lives, smell  
Of it's sweete odors, which all else excell.

(p) Deut. 6. 6.  
7. 8. 9. c. 11. 18.  
19. 20. Pl. 1. 19.  
97.

2.

(q) Gardens yeeld store of pleasant fruits, rootes, cates,  
Herbes, sallads, cordials, fit for all estates,  
To feed, feast, please their pallats, and to cheare  
Their drooping hearts, opprest with paine, griefe, feare.  
Gods blessed word is stor'd with (r) promises,  
Which feed, feast, cheare, the hearts of all degrees:  
And are more pleasant, cordiall, sweete, and deare  
To drooping soules, than all this worlds best cheare.  
O let us daily solace, fat, feast, fill,  
Our soules with these blest cates, & cheare them still.

(q) Cant. 5. 1.  
2. 3. 1 King.  
21. 2.

(r) 2 Pet. 1. 3.  
4. 2 Cor. 1. 4.  
20. Rom. 15. 4.  
9. 10. Pl. 19. 8.  
10. Pl. 1. 19.  
72. 127. Ier. 15.  
16.

3.

As Gardens so the Scriptures yeeld great store,  
Of (s) salves, and good receipts for every sore,  
Wound, sicknesse, griefe, which mens soules can affect,  
No hope of health, for those who them neglect.  
O let us prife these balmes, which soules can cure,  
If they be heal'd the bodies safe and sure.

(s) Psal. 42. 4.  
to the end. Pl.  
43. 5. Ila 1. 5. 6.  
to 21. Act. 3. 19.  
1 Joh. 1. 7.

4.

Gardens are full of all (t) variety  
Of flowers, herbes, fruits which delight the eye.  
And bring most sweete refreshment and content,  
To such as are to meditation bent,  
Yea all of all sorts : So Gods sacred word  
To all of all rankes, can and doth afford  
A copious store, and sweete variety  
Of (u) great and pretious promises, which lye

(t) Gen. 2. 8.  
to 16. Cant. 6.  
2. c. 5. 1. 2.

(u) 2 Pet. 1. 3.  
4. 1 Tim. 3. 16.  
Heb. 6. 12.

(x) Psal. 1. 2.  
Psal. 119. 97.  
Deut. 6. 6, 7, 8,  
9. c. 17. 19.  
Joth. 1. 8.

*Dispersed in it, to refresh, joy, ease  
All sad dejected soules, and them appease.  
O with what pleasure, joy, and blest delight,  
May tyred drooping soules, both day and night  
Walke in the midt of this sweete Paradise,  
Where all refreshing comforts grow and rise,  
Let these be still our (x) study, night and day,  
Which all our griefes, feares, sins will chase away.*

5.

(y) Cant. 5. 1.  
c. 6. 2. 11.  
(z) Isa. 40. 1. 2.  
c. 61. 1. 2. 3.  
c. 26. 20. Rom.  
15. 4.

*All (y) Gardens sweet refreshment still afford  
To tyred bodies, spirits: So Gods word  
To (z) weary soules opprest with sinne, and spent  
With griefe, yeeld sweete refreshment and content:  
Here may they find, blest rest, repose, and ease,  
When nought else can them comfort or appease.  
O let our soules for ever dwell and rest  
In its refreshing shade, which makes them blest.*

6.

(a) Cant. 4. 12.  
Isa. 5. 1.  
(b) Rom. 3. 2.  
1 Tim. 3. 15.  
Isa. 6. 16.  
(c) Rom. 2. 16.  
Ephes. 2. 20.

*Gardens (a) inclosed are, Gods word is so,  
Within his (b) Churches pale: there must we goe  
To seeke and find it; sith the Church doth keepe,  
And shew the Scriptures to Christs chosen sheep.  
But not confirme or give authority  
To them, who doe (c) her judge, surport, and try.*

7.

(d) Jer. 39. 4.  
c. 52. 7. c. 29. 5.  
18 Amos 9. 14.  
(e) Mat. 28. 19.  
20. Mar. 6. 15.

*Gardens are (d) Common both to rich and poore,  
To all of all sorts: So the Scriptures doore  
Is shut to none, but open stands to (e) all  
Degrees of men: to rich, poore, great, and small.*

Yea,

Yea (f) pooremen (most part) have a greater share  
In this rich Garden, than the greatst that are.

8.

Gardens are fruitfull, and make all things (g) grow,  
That men in season in them plant, or sow:  
Gods word is fertile too, and (h) makes men spring,  
Grow, thrive in grace, and much fruit forth to bring.

9.

Gardens most sweetly picture to our eyes  
Minds, thoughts, God, Christ, and man in lively-  
wife:

Thus doe the (i) Scriptures too, in farre more bright  
And perfect colours paint them to our sight.  
He who would these exactly know and see,  
Must on the Scriptures alwaies looking be.

10.

Gardens are full of objects, whence we may  
Sweet (k) contemplations raise from day to day,  
To make us better, and translate our love  
From earth to heaven, and the (l) things above:  
So are the Scriptures. O thrice happy they  
Who (m) meditate still in them night and day,  
To mend their lives, hearts, soules, and elevate  
Them from an earthly, to an heavenly state.  
All other (n) studies, matcht with these, are base,  
And leave the soule but in a damned case.  
Onely the Scriptures make us truly blest,  
And guide our soules unto eternall rest.

Lord,

(f) Luk. 4. 18.  
c 7. 22. Mat. 11.  
5. Jam. 2. 5. 6.  
1. Cor. 9. 9.

(g) Isa. 61. 11.  
(h) Col. 1. 6.  
Acl. 19. 20. 1  
Thes. 1. 5. to  
the end.

(i) Joh. 5. 39.  
2 Pet. 1. 2. 4.  
19. Eph. 3. 8.  
to 13. c. 2. 12.  
13. Pl. 39. 5. 6.

(k) Psal. 143. 5.  
Pl. 104. Isa 40.  
6, 7, 8.  
c. 61. 11.  
(l) Col. 3. 1, 2,  
3.  
(m) Acl. 19. 19.  
Col. 2. 8.  
(n) Joh. 17. 3.  
Jer. 23. 28, 29.  
1 Pet. 1. 23. 25  
Psal. 119. Psal.  
19 7. 10 14.  
(m) Psal. 1. 1. 2.

## II.

Lord let us daily more and more discry  
 The sacred Scriptures worth and dignity;  
 Our soules to cheare, feast, ravish with their love,  
 That wee our words, thoughts acts may guide and  
 As they direct, and let each Gardens sight (move,  
 Present them to our thoughts with sweet delight.  
 That while we view this lease of natures booke,  
 We may more clearly into Gods booke looke;  
 (p) *I be one whereof gives to the other light:*  
 And both conjoyn'd, will yeeld more sweet delight.

(p) Rom. 1. 19.

20. 21. Act. 14.

17. c. 17. 24. 10

31.



## Meditations of the fifth Sort.

**A** Gaine, in Gardens we may view and find  
 A lively map and picture of mankind;  
 And day by day both in them read and see  
 The story of our selves, and what we bee.

## I.

(q) Luk. 13. 19.

(r) Gen. 38. 8. 9

For first those (q) *seeds, which we in gardens sow:*  
 And bury in their wombes that they may grow,  
 And spring up thence: present unto our eyes  
 That (r) *humane seede,* from which we all arise,  
 And sprout: at first sowne, planted in the wombe,  
 And there inter'd, as in a Garden tombe,

Till

Till it be quickned formed and made fit  
To come into the World, and breake from it.

2.

Each seed, root, plant we see in Gardens spring,  
And peepe out of the earth, doth sweetly bring  
Unto our mindes, and shadowes to our eyes  
Mans birth into this world, in lively-wise:  
*Who (1) breakes, and creepes out from his mothers wombe,*  
Like seede out of the earth, that he may come  
Into this wretched world, whose misery  
As soone as borne, still makes him weepe and cry.

(1) Gen. 38.  
28, 29, 30.

3.

The weake young tender blades, and sprouts that  
grow,  
Up first from seeds, rootes, plants, doe lively, shew  
Unto our eyes and thoughts, mans infancie  
*Who (1) cannot stand or goe, but crawl and lye*  
*Upon the ground, like blades, grasse, sprigs new thrust*  
Out of the earth, which leane, lie on the dust.

(1) Ezech. 16.  
4, 5. Exod. 2. 6.

4.

Their further growth in strength, height, breadth,  
each day;  
Mans \*daily growth in all these, well display;  
Untill his youth out-grows his infancie,  
By senselesse steps, and make him sprout up high.

\* Gen. 21. 8.  
12. c. 25. 27.  
Judg. 13. 24.

5.

Their progresse till they blossome and forth bring  
Gay, goodly, lovely, sweet flowers in the spring,  
T And

(\*) 1 Cor. 7. 36.

(\*) Isa. 40. 6, 7.

8. 1 Pet. 1. 20.

Psal. 102. 11.

Psal. 103. 15.

Pl. 90. 5, 6. Jam.

1, 10. Job. 14. 2

And Summer season, aptly typifie

Our fresh, sweet (\*) *flowering youth*, which in each eye  
Makes us as comely, lovely, fresh, and gay,  
As garden-trees, flowres in the month of May;  
Though still as (\*) *fading at the tendrest flowre*;  
Oft cropt and withered in lesse than one houre.

6.

(\*) Num. 1. 3.

18. c. 4. 3. 1

Tim. 3. 4, 5, 6.

2 Chr. 10. 6. to

12.

Their next succeeding fruits and seeds, expresse  
Our riper yeares, and age of fruitfulnessse ;

\* Fit for imp'oyment, and the practicke part

Of any science, calling, trade, skill, art,

Or publicke office in the Church, or State :

For which our youth's too soone, our age too late.

7.

Their full ripe *Leaves*, fruits seeds, which bend, and  
\* fall

(\*) Isa. 34. 4. c.

64. 4.

(\*) Eccles. 12.

2, 3, 4.

(\*) Gen. 3. 19.

(\*) 2 Sam. 19.

31, 35, 35. 1

King. 1. 1. Gen.

27. 1.

Unto the earth at last; may mind us all

Of mans old age, which will him (\*) bow, then cast,

Or bring quite downe unto the (1) dust at last,

From whence hee sprung, and useth to (2) decay

His strength, teeth, senses, parts, which fall away

As leaves, seeds, fruits in autumne : and him make

Like withered stalkes, which leaves, seedes, fruits  
forsake ;

Before his aged shriv'led Bedy dyes,

Whilst it weake, bed-rid, senselesse, halfe-dead lyes.

8.

(\*) Zech. 11. 2.

The (\*) *falling of their withered stalks, trunks, boughs*,  
Unto the earth at last; most lively shewes,

That



*That our (a) old age, it selfe will kill us all  
At last, and make us dead to earth to fall,  
Though neere so healthy, wealthy, mighty, strong:  
And that, if nought else kill us, (b) living long  
Will doe it: a disease which none can cure:  
If others scape, old men to dye are sure.*

(a) Job 5.26.

(b) Gen. 5.5. to  
32.

9.

*The burying of these old stalkes, leaves againe,  
When false downe on the earth, shewes forth most  
plaine,*

*Before our eyes, our funerals, when we  
Quite dead and withered, shall (c) interred be,  
And shut close prisoners in our mother (d) earths  
Darke wombe, from whence at first we had our births.*

(c) Gen. 23.4.  
to 20. c. 47. 30.

(d) Gen. 3.19.

10.

*Their rotting there, and turning into dust;  
Instructs us how the grave shall rot and rust  
Our corps, and turne them into (e) dust at last,  
Sith God such sentence hath against them past.*

(e) Gen. 3.19.  
Eccles. 3.10.  
c. 12.7.

11.

*The seedes which drop into the earth, and there  
(f) Rot for a time, but yet againe appeare,  
And spring afresh, more glorious than before,  
And by their rising much increase their store:  
Demonstrate to us in most pregnant wise,  
How our dead rotten Corps againe shall rise  
Out of the dust, and graves wherein they lye,  
In greater vigour, glory, dignity.*

(f) 1 Cor. 15.  
36, 37, 38. to  
55. 1 Thes. 4.  
13. to 18. Job.  
19. 25, 26, 27.

T 2

Then

*Then ever they enjoy'd; and gaine farre more  
By rising, than by death they lost before.  
O let this arme us against all the feare  
Of death or grave, and still us joy and cheare.*

12.

(g) Ps. 90. 5, 6.  
Pl. 103. 15. 16.  
Psal. 129. 6.  
(h) Eccles. 4. 3.  
Job. 3. 11. 16.  
21. c. 10. 18.  
19.

*When wee behold some (g) tender bud or blade,  
Nipt with the frost, winds, stormes, to fall and fade  
So soone as shot forth: wee may learne thereby  
How men oft times even in their (h) infancie  
As soone as borne, yea sometimes in the wombe  
Are nipt and cropt by death, and to their Tombe  
Depart from hence so soone, so suddainly,  
As if they were borne onely for to dye.  
Let younglings then, as well as old prepare  
For death, from which (i) none un-exempted are.*

(i) Isa. 40. 6, 7,  
8. Heb. 9. 27.

13.

(k) Psal. 103.  
15, 16. Isa. 40.  
6, 7, 8. Job. 14.  
1, 2. Isa. 28. 1.  
4. Jam. 1. 11.  
1 Pet. 1. 24.

*When as we view the (k) bravest, fairest flowers  
Cropt, blasted, withred, vanisht in few houres:  
We may therefrom contemplate, how that wee  
By suddaine death oft blasted, withred be,  
Cropt off, consumed in few minutes space,  
Even in the flowre, prime, pride, choyce, vigour, grace  
Of all our dayes, when (l) death from us did seeme  
The farthest off, and we did not once dreame  
Of its approach. A truth we daily see,  
Which should teach youth, for death prepar'd to be.*

(l) Isa. 28. 15.  
18.

14.

*The ripe fruits, seedes which wee in gardens view,  
Pluckt off, and gathered; clearly to us shew*

How

How (m) men of ripe yeares, are most commonly,  
 Pul'd off by death, and so should looke to dye,  
 At least as soone as ripe, if not before,  
 Sith then they stand neere unto grim deaths doore,  
 Whom if he spare to pull, or shake downe, they  
 Will of themselves in short space fall away,  
 And drop into his mouth. Let then all such  
 Stand (n) still prepar'd for death, who doth them touch.

(m) Job. 5. 26.

(n) Job. 14. 14.  
 Gen. 27. 2.

15.

Each seed, fruit, leafe, flowre, blossome we see fall,  
 Fade, rot within our Gardens (o) shew how all  
 Mankinde must fade, fall, rot, and dye like these  
 Each in his time, and perish by degrees;  
 And that no age, sexe, calling, state is free  
 From death, to which they ever subject be:  
 And so should teach all to (p) account each day  
 Their last, wherein they looke to passe away.

(o) Isa. 1. 30. c.  
 34. 4. c. 40. 6, 7,  
 8. c. 64. 6. Job.  
 14. 1, 2. Heb. 9.  
 27.

(p) Psal. 90. 5.  
 6. 12. Pl. 39 4.  
 5. 12.

16.

Each Garden in the yeares foure seasons paints  
 Forth to our eyes, and us full well acquaints  
 With mans foure ages, which doe comprehend  
 The whole race of his life, untill it end.  
 In (q) spring time they depaint our infancie,  
 And younger yeares: in summer they descry  
 Our youthfull flowering age. In Autumne they  
 Our riper yeares, and drooping age display;  
 In (r) winter when they shrieveled, naked are,  
 And all amort, decayd: they then declare  
 Our old decrepid, withred, dying yeares,  
 When, all within us, dead, nought fresh appears,  
 Wee can no time then in our gardens be,  
 But wee our selves may there read, know, view, see,

(q) Psal. 38. 35,  
 36. Pl. 92. 7.

(r) Isa. 1. 30.  
 Ezech 17. 9,  
 10. Plal. 102.  
 4. 11.

T 3

By

(f) Psal. 90. 9.

10.

(t) Deut 32. 29.

By contemplation, in more compleat wise  
Than in all pictures painters can devise.  
O let us view our selves in this bright glasse  
Each day, and (f) see there how our ages passe,  
And flit away, untill wee wither, dye;  
To (t) mind us still of our mortality:

17.

(u) Gen. 2. 8.  
to 17.

Besides, by meditation we may hence  
Behold, mind, know our state of innocence  
Before our fall: since God did (u) Adam p<sup>l</sup>ace  
In Edens garden, in a state of Grace,  
And Innocence, it both to keepe and dresse;  
Where he not long enjoy'd this happineffe.

18.

(x) Gen. 3.  
Rom. 5. 8, 9. & c.(y) Rom. 7. 8.  
to 25. c. 9. 12.(z) Rom. 1. 25.  
to 32. c. 7, 8, to  
25. Jam. 1. 13,  
14, 15.(a) Psal. 9. 17.  
Mat. 25. 41. 46.

Yea, in our Gardens we may read and eye  
Our fall and state of sinne and misery,  
Sith we in (\*) Edens Garden caught that fall  
Through Adams sinne, which did undoe us all,  
And (y) plunge us into such a woefull state  
Of sinne, and vice, as makes God us to hate;  
And daily (z) furies us unto all excesse  
Of borrid sinnes, and monstrous wickednesse;  
Which (a) cast us headlong into hell, and make  
Us nough: but sue'l for that fiery Lake,  
A dismall state indeed, whose thought should rent  
Our stony hearts, and cause them to relent.

19.

But not dispaire, sith in this very place  
Christ hath restored us to a state of grace,

Of

Of which it minds us, all sad hearts to cheare,  
 And us from our collapsed state helpe reare.  
 For as Christ in a (b) Garden was betrayed,  
 And dead, there in a new sepulcher laid,  
 So did he there from death rise up againe,  
 And thereby rais'd up all his chosen traine,  
 From their lost, lapsed, to a blessed state  
 Of grace and glory. O then celebrate,  
 And ever blesse, praise, love, serve Christ, who thus  
 Hath rais'd, redeem'd, restor'd, exalted us:  
 And let each Garden put us still in mind  
 Of these three states belonging to mankind,  
 Without whose perfect knowledge, view, and sight,  
 We cannot know God, nor our selves aright.

20.

Each weed which wee in gardens see to grow,  
 Our sinfull state, and seedes of vice us shew,  
 Both from (c) mans fall in Eden first did spring,  
 And sighs, groanes, teares, should from our hard  
 hearts wring,

21.

We see the fattest Garden ground still breeds  
 The largest, rankest bryers, (\*) nettles, weeds:  
 So greatest sinnes, crimes, vices usually,  
 In men of greatest parts, wit, dignity,  
 And in the richest persons, Natures grow,  
 Not in the vulgar meaner sort below.  
 The pregnant wits, best Natures voyd of grace,  
 Are greatest sinnes, crimes, vices common place.  
 O trust not then to (e) Nature, parts or wit,  
 Which if true grace controll not, are but fit

(b) Joh. 18. 1.  
 to 16. c. 19. 41,  
 42. c. 20. 1. to  
 17. Rom. 4. 25.  
 1 Cor. 15.  
 throughout.  
 2 Cor. 4. 14  
 Eph. 2. 10.

(c) Gen 3. 17,  
 18, 19.  
 (\*) Prov. 24.  
 31. Isa. 39. 13.  
 Zeph. 2. 9.  
 Hof. 9. 6.  
 (d) Gen. 3. 1, 2.  
 1 King. 11. 1,  
 to 10. 2 Chron.  
 21. 1, to 12.  
 2 Tim 2. 17.  
 c. 3. 1. to 9.  
 2 Pet. 2. 1, 2.  
 Col. 2. 8. Act. 20.  
 29, 30.  
 (e) Eph. 2. 1, 2,  
 3. c. 4. 17, 18,  
 19. Rom. 1. 24.  
 to 32. Job. 15.  
 16. Rom. 7. 14.  
 to 25.

To

To breed those rankest weedes, which overgrow  
Them in short space, and worke their overthrow.

22.

(f) Isa. 58. 11.  
c. 61. 11. Ezec.  
36. 35. Joel. 2.  
3. Deu. 22. 2.  
(g) Col. 1. 10. 6.  
Rom. 1. 13.  
Phil. 4. 17. c.  
1. 11. Jam. 3.  
17. 2 Pet. 1. 5.  
to 11.

That (f) fruitfulnessse and great variety  
Of good and usefull fruits, plants, herbes we eye  
In Gardens : minds us of that (g) fruitfulnessse,  
Those usefull vertues, graces they expresse,  
Which should still grow, and flourish in mankind,  
In whom, alas, we them most rarely find.  
What? shall our gardens, fruitfull, usefull be,  
Stor'd with all good fruits, herbes, rootes? and  
yet wee

Be barren, fruitlesse, void of vertue, grace,  
And nought but lust, vice, weeds in us have place?  
O shame! O sinne! let gardens teach us then,  
Now to prove fertile, good and gracious men.

(h) Cant 2. 12,  
3. Hosea 14.  
16, 7. Ps 103.  
25. Ps 92. 17.

23.

(i) Dan. 4. 4  
30.

(k) Dan. 4. 30,

31, 32, 33. c. 5.

30, 31. c. 6. 1.

to 27. Psal. 37.

35, 36. Ps. 73.

18, 19, 20. Job.

20. 5, 6, 7. c.

21. 11, 12, 13.

Psal. 92. 17. 2

Chron. 33. 11.

c. 36. 1. to 22.

Josh. c. 10. &

11. & 12. Judg.

1. 5, 6, 7. Job. 1.

13. to 22. Lam.

4. 6.

Each Gardens (h) glorious lustre in the spring,  
And Summer time: sets forth mens (i) flourishing,  
Gay, prosperous worldly State, which carnall eyes,  
And hearts, most part, doe over love and prize,  
Without good reason, sith (k) within one bowre  
It oft-times fades, and withers like a flower.  
How many see wee great, rich, in good plight,  
At morning; base, poore, wretched, dead, ere night?  
In thrones to day, adorned with a Crowne;  
In chains ere morning, slaine, or quite put downe?  
All times and stories scale this truth; be wise  
Then now, and learn this worlds pompe to despise.

The

24.

The suddaine blasts and winters which befall  
Our Gardens, and (1) decay or strip of all  
Their lustre, beauty, flowers, fruits, represent  
Unto our eyes and minds; that discontent,  
Diseases, crosses, losses, which oft blast  
Decay, consume, dry up, spoyle, and lay wast  
Mens bodies, fortunes, states, and in short space  
Leave them weake, (m) naked, in most wretched case.  
A truth we daily see. Let none then blesse  
Himselfe, or trust in worldly happinesse,  
Which every crosse, storme, sicknesse will decay;  
And when our winter comes will fade away.

(1) Pl. 103. 15,  
16. Isa. 40. 6. 7.  
8.

(m) Job. 1. & 2.  
& 3. see k, be-  
fore.

25.

The Garden flowers wee see, each yeare to dye  
And (n) last not many Moneths: (o) the brevity  
Of mans fraile life, demonstrates to our sight  
In lively sort, and should each day and night,  
Fit, and (p) prepare us for our dying day,  
And all vaine thoughts of long life chase away.  
Hence holy men did place their (q) Tombes of old,  
Within their garden, where they did behold  
So many pictures of mortality,  
From day to day, and sommons still to dye;  
For feare their Garden pleasures and delights,  
Should chase away death from their thoughts or  
fights.

2 Isa. 40. 6. 7. 8.  
Pl. 103. 15. 16.  
(o) Job. 14. 1.  
2. c. 8. 9. Psal.  
102. 11.  
(p) Job. 14. 14.  
Isa. 38. 1. 2.  
2 Tim. 4. 6. 7.  
8. Mat. 24. 42.  
c. 25. 13. Luk.  
12. 38.  
(q) Joh. 18. 41.  
Mat. 27. 60. 2  
King. 21. 18.

And should instruct us in the (e) midst of all  
Our pleasures, pastimes death to mind to call.  
But chiefly when we in our Gardens walke,  
Where we still view him in each leafe, flowre, stalke,  
That fades, falls, withers. So that we are blind,  
Yea sottish, if we there death doe not mind.

(r) Eccles. 11.  
3. 9. c. 12. 1. & c.



26.

(S) Job. 14. 7,  
8, 9. 12. Hosea  
14. 5, 6, 7. Cant.  
2. 12, 13. Psal.  
104. 30.  
(t) Judg. 2. 10.  
Psal. 48. 15. Ec-  
clef. 1. 4.

The new fresh garden flowers, herbes, plants wee see  
Spring up in place of those that withred be,  
From their seedes, rootes; most sweetly to us shew,  
The new (t) successions in mankind, which grow,  
Out of the seed and loynes of those who dye,  
Whose vacant places they fill and supply.

27.

(u) Cant. 2. 12,  
13. Job. 14. 7,  
8, 9. 12. Hosea  
14. 5, 6, 7.  
(x) Job. 42. 10.  
10. 17. Hosea  
14. 5, 6, 7. Mi-  
cah 7. 8, 9, 10.  
Psal. 34. 19, 22,  
Pl. 37. 32, 33,  
37, 39, 40. Pl.  
40. 1, 2, 3. Psal.  
138. 7. Pl. 142.  
7. Psal. 145. 18,  
19, 20. Psal. 71.  
70, 21. Ezech.  
37. 1. to 12.  
(y) Pl. 42. 5, 10  
the end. Pl. 43.  
2, 3, 5. Psal. 46.  
1, 2, 3. 4. Psal.  
27. 1, 2, 3, 14.  
Psal. 29. 11.  
Psal. 31. 23.  
24. Pl. 40. 1, 2,  
3. Ezech. 37. 1.  
to 13.  
(z) Hosea 14.  
5, 6, 7.

When wee behold those garden flowers, herbes,  
trees,

Which seem'd quite dead in winter, by degrees  
When spring-time comes, (u) revive, sprout up on high,  
And flourish more than they did formerly:

It sweetly shewes, minds, learnes us, when as wee  
With sicknesse, crosses, losses, withred be,  
And all amort, (x) that if with patience,  
Faith, prayer, hope and stedfast confidence  
We waite on God, we shall revive, grow, spring,  
In his due time, and gaine a flourishing,  
Farre better state, than we enjoyd before;  
As Job with others have done heretofore.

Be then our crosses, cases what they will,  
Past hope, past helpe in carnall eyes: yet (y) still,  
Let us with chearfull, joyfull hearts relye,  
And wait on God for helpe; who certainly  
Will in best time, our winter season end,  
And us a joyfull Spring and Summer send:  
Wherein we shall revive, grow, flourish more,  
And happier be than ever heretofore

God, who our fields and gardens makes to spring,  
Will much more cause us to (z) sprout, grow, shoot, sing:

Which

Which well digested, would us cheare and joy  
Amidst all crosses, which could us annoy :  
Yea banish all our (a) feare of death or grave,  
From which we shall a (b) resurrection have  
To endlesse glory, which each gardens spring,  
Unto our minds and eyes, with joy shall bring.

(a) 1 Cor. 15.  
55, 56.  
(b) 1st 26, 19.  
Job. 19. 25,  
26, 27. 1 Cor.  
15. 1 Thes. 4.  
13. to 18. Joh.  
11. 24.

28.

The diverse sorts of herbes, flowers, plants, rootes,  
trees,

Of different Natures, Qualities, Degrees,  
We see grow in our Garden, without jarre,  
Or discord, close together, or not farre  
Asunder: To us aptly represent,  
What sweet (c) agreement, concord, love, consent  
There ought to be 'twixt men, although they be  
Of different natures, callings, minds, degree,  
When planted in one Country, City, place,  
Church, household, or dis-joyn'd some little space.  
And checkes all (d) proud, malignant, turbulent,  
And greedy men, who are to discord bent,  
And never rest content with what they have,  
But others (e) Lands, goods, places, seeke and crave,  
Enduring none to live in quietnesse  
Neare them, that they alone might all possesse.

(c) Rom. 12.  
10. 16, 18, 19.  
c. 13. 8, 9, 10. c.  
15, 5, 6, 7. Gen.  
13. 8, 9. Eph. 4.  
2, 3, 4, 5, 6.  
Heb. 12. 14, 15.  
(d) Prov. 13.  
10. c. 17. 14.  
c. 18. 6, 19.  
1 Cor. 1. 11, 12,  
13. Rom. 16.  
17, 18.  
(e) 1st 5. 8.  
Mich. 2, 2, 3.

5.

When as wee see weeds Gardens overgrow,  
Deface, kill herbes, flowres, fruits that in them  
blow,  
Through meere neglect, and want of weeding; wee  
As in a map or glasse, may thereby see,

V 2

How

(f) Chron. 33.  
2. to 15. Prov.  
11. 11. c. 12. 7.  
c. 14. 11. Pfal.  
140. 11. Pl. 37.  
38. 2 Pet. 2. 1.  
to 22.

(\*) Joh. 8. 1. 1.  
2 Chro. 34. 15.  
16. 17. Jer. 13.  
23.

How weeds of (f) sinne, lust, vice men over-grow,  
Disgrace, deturpate, kill, and overthrow,  
For want of timely weeding: and deface,  
Choake all their parts, wits, vertues, gifts of grace:  
And so should teach us with all care to weed  
Them out, as fast as they within us breed:  
Which, if neglected will in short time gaine  
Such roote, that they will in us still (\*) remaine,  
Untill they over-runne, kill, quite decay  
Our vertues, parts, and cast our soules away.

30.

(g) Gen. 3. 8. to  
15. Cant. 5. 1.

(b) Gen. 1. 26.  
to 31. c. 2. 18.  
to 22. c. 3. 1. to  
8. Pfal. 8. 4. to  
9.

(i) Pl. 95. 1. 7.  
Pfal. 100. 1. 2.  
3. 4.

(k) Prov 13. 5.  
Mat. 7. 6. 2 Pet.  
2. 21. 22. Isa. 1.  
6. c. 66. 3. 4. c.  
64. 6. Zach. 11.  
8.

As Gardens are the (g) richest, p'asantest  
Prime parts of all the Earth: So (b) mans the best,  
Chiefe, primate, Lord of all Gods workes: which high  
Advancement and surpassing dignity,  
Shou'd make him (i) thankfull, and strive to excell  
All else in goodnesse, graces, living well;  
There being nought so (k) loathsome, vile or base  
As men devoyd of goodnesse, vertue, grace;  
The vilest roades, or creatures we behold  
Are better than such men ten thousand-fold.  
For shame then let our graces, lives, expresse,  
Grace, Crowne that state of honor, we possesse.

31.

(l) Isa. 5. 2.  
Cant. 4. 12.  
Mat. 21. 33.

(m) Jer. 9. 14.  
Isa. 55. 1. 2, 3.  
Joh. 15. 5. 8.

The care men have to (l) fence, weed, dung, prune,  
dresse,  
Those Gardens, Orchards which they here possesse  
To make them fruitfull, pleasant: should excite  
Us all with greater care, paines and delight,  
Our soules to fence (m) weed, water, dung, prune, dresse,  
That they in fruits of grace, and pleasantnesse,

May

*May more abound; it being to no end  
Those, not our selves, to fence, soyle, dresse, & mend.*

32.

When we behold small Gardens fraught with store  
Of rarest flowres, herbes, fruits, and yeelding more  
Of these than greatest Gardens, commonly  
Made more for pleasure, than commodity:  
We may contemplate, how some men of small  
And little stature, oft excell the tall,  
Great, vastest, men of bulke, in gifts, wit, parts,  
True valour, learning, wisdom, skill in Arts:  
And how (n) mean men for birth, state, fortune, place  
Oft times transcend in wisdom, parts, arts, grace  
In rarest gifts, and vertues of each kind  
The Greatest Nobles, Peeres, in whom we find  
Too oft more shew than substance, lesse within  
Than in a russet coat, or courser skinner:  
It is not greatnesse, honour, wealth, place then  
That make us fruitfull, good, or better men  
Than others: but our goodnesse, vertue, grace,  
And fruitfull lives, without which all are (o) base  
What ever be their births, states, dignities  
By them, not these, God will them (p) judge and prize,  
The poorest men adorn'd with them (q) excell  
The greatest Kings in whom they do not dwell.

33.

Lord, make each Garden, I shall henceforth see,  
A Christall looking-glasse, and booke to mee,  
Wherein I may mine owne Mortality  
And humane state so clearly view, descry,  
Read, and contemplate, as each day to mend  
My sinfull life, and fit mee for my end;

V 3

Still

(n) Psal. 78. 70.  
71. 72. Eccles.  
4. 13. 14. c. 9.  
15. 16. 1 Cor. 3.  
16. 17. 18. Jam.  
2. 1. to 8. 2 Cor.  
4. 7. to 12. 1  
Cor. 4. 9. to 14.  
Job. 33. 9. Jer.  
5. 5. 6.

(o) Dan. 1. 1. 21.  
Psal. 15. 4. Isa.  
32. 5. 6.  
(p) Mal. 3. 16.  
17. Mat. 7. 22.  
23. Act. 10. 34.  
Col. 3. 25. 1  
Pet. 1. 17.  
(q) Prov. 12.  
26. Pl. 16. 3.

Still walking worthy of that humane state  
Wherein thou mad'st mee, till thou shalt translate  
Mee to a better in the heavens high,  
Where I with thee shall live eternally.



### Meditations of the sixth Rank.

O Nce more, a Garden paints forth to our view,  
The state of Gods Church, and his chosen  
crue.

1.

(r) Iſa. 5: 1, 2, 3.

Gen. 2, 8, 10 12.

1 King. 21. 2.

Cant. 4. 12.

Mat. 21. 33.

(s) Iſa. 41. 8, 9.

c. 44. 1, 2. Eph.

1. 4. 2 Theſſ. 1.

13. 1 Pet. 2. 9.

Rev. 17. 14.

(t) Cant. 4. 11.

Matth. 21. 33.

Iſa 5. 2.

(u) Pſal. 125. 2.

Iſay 4. 5. 6. c. 5.

1, 2. c. 27. 2, 3.

Pſal. 34. 7. Pſ.

121. 3. to the

end.

For firſt, as Gardens are (r) choſen place call'd out  
From other common grounds that lie about,  
And ſequeſtered from them for ſpeciall uſe:  
So God his Church and Saints doth call, and choſe,  
Then ſet apart from others, of meeke grace,  
For ſpeciall uſe, and his owne dwelling place.

2.

Gardens (t) encloued are with walls, pales, bounds,  
Hedges, dikes, and more fence'd than other grounds:  
So God his Church and choſen doth (u) enclouſe,  
And fence with walls, pales, dikes againſt all foes,  
Beaſts, beaſts that would annoy, or roote them out,  
And none ſo ſafe as they are fence'd about.

Gardens

3.

Gardens are often (\*) digg'd to kill their weedes;  
And them to plant, sow with good fruits, rootes, seedes  
Of all sorts, which else would not there spring, grow:  
So Gods elect, and Church, whiles here below  
Are oft times digg'd and (y) plough'd up sundry waies  
By foes, and crosses which God on them layes,  
Their weedes of sinne, vice, error for to kill,  
And them with all good plants, rootes, fruits to fill;  
Plant, sow, of which they were (r) incapable,  
Umill digg'd up, and made Gods arable.  
O let us never murmur, nor complaine  
When God thus digs or ploughs us for our (a) gain,  
Our sins to root up, and in us to plant  
Instead of them, all graces which wee want.

(\*) Mat. 21. 33.  
Isay 5. 2. 6.  
Luc. 13. 19.

(y) Psal. 120. 3.  
Jer. 26. 18. Jer.  
4. 3. Hos. 2. 23.  
c. 10. 12. 2 Chr.  
33. 11. 2. 13.  
Psal. 119. 67.  
Isay 48. 10.

(r) Jer. 22. 31.  
2 Chron. 34.  
16. 27.

(a) Heb. 12. 10,  
11. Ps. 119. 67.  
Isa. 1. 25. Dan.  
11. 35. Mal. 3. 3.

4.

(b) Gardens are dung'd, drest, kept with speciall care  
To make them fertile, and more fruits to beare:  
Gods Church and chasen are still dung'd, soyled, fed,  
With his sweet (c) Word, and Sacramentall bread,  
And daily (d) drest, kept with great cost, care, toyle,  
To make them usefull, fruitfull, fat, rich soyle,  
By sacred Gardners; else no (e) one good thing,  
No fruits of grace would in them grow or spring.  
O let us answer Gods great cost, paines, care!  
If after these we barren, fruitlesse are,  
It will be fatall; (f) God in wrath will haste  
To roote us up, and lay us ever waste.

(b) Isa. 5. 1, 2,  
3. Mat. 21. 33.

(c) 1 Per. 2. 2.  
Isa 55. 1. 3.  
Joh. 6. 50. to  
62.

(d) 1 Cor. 3. to  
12.

(e) Rom. 7. 18.  
Joh. 1. 16. A8.  
20. 32. c. 26. 18.

(f) Isa. 5. 1. to  
8. Pf. 80. 12. 13.  
2 Chron. 24.  
15. 16, 17, 18.

No

5.

(g) Gen. 2. 8.

Ila. 5. 2, 3. Jer.

29. 5. 18. Amos

5. 11. c. 9. 14.

(h) Gen. 3. 17.

18, 19. Heb. 6.

8. Prov. 24. 31.

Zeph. 2. 9.

Hosea 9. 6. Ila.

34. 13.

(i) Ila. 60. 21.

c. 61. 9. 1 Cor. 3.

5. to 12. Eph.

2. 1. to 14.

No choyce seedes, roots, plants, herbes in gardens grow,  
 Unlesse men them there first (g) plant, set, or sow,  
 When (h) weeds, grasse, herbes, plants, that are com-  
 mon, there

Spring up and grow without our cost, paines, care :  
 No choice rare plants, rootes fruits of saving grace  
 Will spring or grow, in any Church, Saint, place,  
 Unlesse God first them (i) plant, sow cherish there,  
 When all by nature weeds, and ill fruits beare,  
 And common Morrall vertues; which are found  
 In very Pagans, heathens, common ground.  
 Lord plant and store our soules with grace, that we  
 May sweet and fruitfull Gardens be to thee.

6.

(k) Ila. 61. 11.

(l) Mat. 13. 8.

24. Joh. 15. 5.

8. Col. 1. 10.

Gardens are fruitfull (k) making that to grow  
 With great increase, which men within them sow :  
 Gods Church and chosen (l) fertile are, the seed  
 Sowne in their hearts, a large increase doth breede,  
 Though more in some than others : Happy wee  
 If such a large increase God in us see.

7.

(m) Gen. 3. 18.

Ilay. 34. 13.

Prov. 24. 31.

Zeph. 2. 9. Hof.

9. 6.

(n) Mat. 13. 24.

to 51. Rev. 2.

3. 1 Joh. 11.

8. 9. 10. Jam.

3. 2. Rom. 7. 7.

to. 25. Prov. 24.

16.

No Garden soyle so good, but that it (m) breeds,  
 And of its owne accord, brings forth some weeds,  
 Which not pluckt up with care would overflow,  
 And quickly kill the fruits that in it grow:  
 The best, the purest (n) Churches, Saints that be  
 From weeds of sinne, vice, errors are not free,  
 Which do and will still in them daily grow  
 Up of themselves, whiles they are here below.

And



And not (o) put d up, kept downe with daily care,  
Much paines, would soone bide, kill, choake all their rare  
Resplendent vertues, graces : O then still  
Be rooting up these weedes that be so ill.

(o) Heb. 12. 15.  
16, 17. Mat. 13.  
1. 23. Heb. 4.  
1. 11. c. 3. 13.  
1 Cor. 5. 6, 7.

8.

(s) Weeds in a Garden are a loathsome thing ;  
And though we cannot hinder them to spring  
Up there, yet still wee roote them up with speed,  
And not permit them there to grow, roote, seed :  
Weeds of corruption, error, sinne that rise  
Up in the Church, or Saints, to Gods pure eyes,  
(And their owne too) are a vile (q) horrid sight,  
Which though they cannot shunne, yet still they (r) fight  
Against them, never suffering them to dwell,  
Roote, breed within them, but with care expell,  
And kepe them under, that they never raigue  
Within them, though their reliques there remaine:  
That Church, man then is but in evill plight,  
Which doth not thus against sinne dayly fight;  
Which should by farre more loathsome to us be,  
Than all the weedes we in our gardens see.

(p) Prov. 24. 30,  
31.

(q) Hab. 1. 13.  
Prov. 13. 5. 1  
Cor. 5. 1, 2, 6, 7,  
10, 12, 13.

(r) Rom. 6. 1.  
10 23. c. 7. 7. 10  
25. Gal. 5. 16. 10  
26 Heb. 12. 4. 1  
Cor. 9. 26, 27.

9.

As Gardens, so Gods Church, Saints (s) stored are  
With all the fruits, herbes, plants, of grace most rare,  
Rich, usefull: here alone we may view, find  
All graces, vertues, of what ever kind ;  
Whose shining luster and variety,  
Make them most lovely in each sacred eye.

(s) Joh. 1. 16.  
Col. 3. 10. Eph.  
1. 23. c. 3. 16,  
17, 18, 19. 2  
Pet. 1. 5. 10 12.  
2 Cor. 8. 7.

## 10.

(t) Cant. 5. 1,  
2. c. 6. 2. 11. c. 8.  
13. Gen. 27. 27.  
Hos. 14. 6.

(u) Psal. 16. 3.  
Acts 2. 42. 46,  
47. Heb. 10. 24,  
25. 1 Joh. 1. 3.  
c. 2. 19. Pl. 27.  
4.  
(x) Psal. 84. 1.  
to 12. Psal. 42.  
1, 2. Pl. 27. 4.

Gardens are very (t) p'asant, sweet in smell,  
Alluring men in them to walke, live, dwell,  
Gods Church and chosen Saints are like : no place  
Or company to all indu'd with grace  
Is halfe (u) so pleasant, lovely sweet as they :  
Wherein, wherewith they long to be, dwell, stay  
For ever, and (x) would rather Porters bee  
Within Gods house, than men of best degree,  
Or Kings without it : finding more content  
And sweetnesse in one day or houre well spent  
Within it, than in thousand yeares, weekes, dayes,  
Past e'se where in the pleasant'st feasts, maskes, playes.  
Those who in Gods Church, Saints, no such de-  
light,  
Or sweetnesse find, may judge, their states not right.

## 11.

(y) Cant. 5. 1. c.  
6. 2. 12. c. 8. 13.  
(z) Cant. 8. 13.  
c. 6. 2. 2 Cor. 6.  
16. 17. 18. Lev.  
26. 12. Eph. 3.  
17. Rev. 7. 15.  
c. 21. 3. c. 3. 20.  
Gal. 3. 20. 1.  
Joh. 3. 24. c. 4.  
16.

(a) Gen. 2. 5, 6.  
10. 11. Job. 8.  
16. c. 14. 9. Isa.  
1. 30. Jer. 14. 1.  
to 21. Isa. 58.  
11. Pl. 65. 10.  
11. Hosea 14. 5,  
6, 7.

And as men thus (y) delight to walke, live, dwell,  
In pleasant gardens, which they like full well:  
So (z) Christ within his Church, Saints, walke, resides,  
Lives, dwells, and in no place on earth abides,  
Delights or joyes, so much as in them : where  
Hee feeds, feasts, rests, and doth his p'allace reare.  
Sweet Jesus let my soule thy garden bee,  
That thou maist still delight, walke, dwell in mee.

## 12.

No (a) Gardens spring, grow greene, or fructifie,  
Unlesse the Sun shine on them from on high,  
And clouds drop raine, dew on them to revive  
Their withred fruits, and make them sprout, grow, thrive.

No Church or Saint can *(b)* spring grow, thrive in grace,  
 Unlesse the rayes of Gods most blessed face,  
 And Christs (the Sonne of righteousness) bright beames,  
 Shine on them: and their sweetest shewes, dewes, streames,  
 And influence from heaven on them drop,  
 To make them beare a rich and ample crop.  
 Lord let thy Church and chosen ever bee  
 Blest with these rayes, showers, streames which flow  
 from thee :

Then shall they *(c)* still be green, fresh, flourishing,  
 And store of fruits of grace to thee forth bring.

13.

Gardens have in them all sorts of herbes, trees,  
 Flowers, rootes, plants : So the *(d)* Church hath all  
 degrees,

And ranks of men within her, high, and low,  
 Rich, poore, old, young, good, bad, here in her grow.  
 This *(e)* Peters sheer Christs net did typifie,  
 And is a truth apparant to each eye.

From hence the Church hath gain'd the stile and  
 name

Of *(f)* Catholicke, sith all sorts in the same  
 Comprised are. Let no men then seclude  
 Themselves from her, who doth all sorts include.

14.

As *(g)* Gardens, so Gods Church, Saints planted are  
 By *(h)* rivers sides, and Christall streames, their rare,  
 Rich, precious fruits, to water day by day,  
 Which else would fade, and wither quite away :  
 The living waters, springs, streams of Christs blood,  
 Word, spirit, grace, prepared for their good;  
 Still by or in them glide, run, flow, and spring,  
 To make them sweete, Greene, pleasant fruits to bring

X 2

In

(k) Ma. 27. 2, 3.  
 Mal. 4. 2. Psal.  
 80. 7. 19. Luc. 1.  
 78. 79. 2 Cor.  
 4. 4. 6. Psal. 72. 6.  
 Joh. 1. 16. Heb.  
 6. 6. 7. Eph. 4.  
 15. c. 2. 21. 2.  
 Thess. 1. 3. 1.  
 Pet. 2. 2. 2. Pet.  
 3. 18. 1 Cor. 9.  
 9. 10. 11. 1. 2.  
 (e) Pl. 1. 3. Jer.  
 17. 8. Psal. 13.  
 14, 15.

(d) Eph. 2. 10.  
 12. 13. 16. to  
 25. c. 3. 5. 6.  
 Gal. 3. 27. 28.  
 Jam. 1. 1. to 10.  
 Mat. 13. 47. 48.  
 (e) Acts 10. 11.  
 10. 17. Mat. 13.  
 47. 48. 49.  
 (f) Psal. 19. 11.  
 Rom. 10. 18.  
 Matth. 28. 19.  
 Mar. 16. 15. 16.  
 (g) Gen. 2. 10.  
 Num. 24. 6. Isa.  
 58. 11.  
 (h) Pl. 1. 3. Jer.  
 17. 8. Heb. 6. 7.  
 Cant. 4. 15. Isa.  
 27. 2. 3. Joh. 4.  
 13. 14. 15. c. 7.  
 38. c. 19. 34. 1.  
 Joh. 5. 6. 8. Re.  
 21. 6. c. 2. 17.  
 1 Cor. 3. 5. 10.  
 12.

(i) Heb. 6. 8.

Mar. 3. 10. c. 7.

19. Luc. 13. 6,

7, 8.

(k) Psal. 80. 13.

Cant. 2. 15.

(l) Psal. 80. 12,

13, 14, 15.

2 Chron. 34.

15. to 19. Acts

8. 1, 3, 4. c. 9. 1.

2. c. 12. 1. 10. 7.

(m) Pl. 12. 5. 2, 3.

In more abundance. O (i) thrice wretched wee,  
If under these we withered, barren be.

15.

When (k) wild bores, beasts breake into Gardens, they  
Them roote up, wast, deface, and much decay:

When (l) cruell, potent tyrants, wolves, boares, swine,  
Breake in upon Gods Church, or Saints, they mine,  
Roote up, spoyle, wast them, unlesse God asswage,  
Restraine, divert, or quell their spirefull rage.

Lord alwayes (m) fence thy Church, Saints round about,  
Against all foes, who seeke to roote them out;  
And when thou shalt permit them to breake in,  
Oh then, let them root nought out but their sinne.

16.

As ripe seeds shooke downe, with winds, stormes or  
raine,

(n) Luc. 13. 19.

1. Cor. 15. 36,

37, 38. Mat. 13.

8.

(o) Sanguis

Martyrum se-

men Ecclesia.

Cyprian.

(p) Acts 9. 1. to

16. c. 12. 19. to

25. Exod. 1.

11, 12, 13, 14,

15.

(q) Exod. 1. 12.

Philemon. 10.

Philip. 1. 1. 14.

16, 17, 18. Acts

8. 1. to 16.

In Gardens to the Earth, there (n) spring againe  
With great increase; where every little seede

A new great plant, and more stalkes, feedes doth breede:

So in Christs Church and Garden, every (o) drop

Of Martyrs blood there shed, brings forth a crop,

And large (p) increase of Christian plants, who fill

The places where their foes their blood did spill,

To their great griefe and shame: who thought thereby

Quite to prevent and kill their progeny;

Which they meane while did onely plant and sow,

And by that blood they sied made these to grow.

Yea, as some Garden plants, herbes often cropt

Spring up more thicke: So Gods Church, Saints

oft lopt,

Cut downe, cropt, (nay destroy'd in carnall eyes

Conceit) by cruell Tyrants; sprout, arise,

And grow more thicke, great, numerous thereby,

The (q) more cut downe, the more they multiply:

Witnesse

*Witnesse the (r) Churches story in each age,  
Which gain'd, increas'd, not lost by tyrants rage.*

O let us then be willing thus to sow (grow,  
Our blood, that thence new troops of Saints may  
To store Christs Church, maintaine his cause when  
Are turn'd to dust, consum'd and cease to bee. (we

17.

(r) Euseb.  
Theoderet. Ni-  
cephorus, So-  
crates, Evagri-  
us, the Centu-  
ries, the En-  
glish, & French  
books of Mar-  
tyrs.

*The Garden herbes, flowers, plants which seeme (f) to die,  
In winter, when hid under earth they lye  
Within their Rootes or Seeds, yet spring againe,  
When winter ends, through Summers heat and raine,  
And shew that they were neither dead, kill'd, lost,  
But onely nipt and hid by winters frost;  
Because they thus in summer spring, revive,  
And shew themselves to every eye alive:  
Most sweetly, clearly to us demonstrate,  
Gods chosen Saints and Churches winter-state,  
Whose faith and saving graces (t) seeme to die  
In their temptations, and so buried lye  
Within their seeds, roots, that they want the sence,  
Fruits, comforts of them: and conclude from thence,  
That they no doubt are quite dead, kill'd, spoyl'd, lost  
And they undone, by their sharpe winters frost.  
But yet when these their boystrous storms are past,  
And Summer comes, they (u) re-appeare at last,  
To their great comfort, and so sprout, grow, thrive  
A fresh, that all see, they were still alive;  
And onely hid, benumbed for that space.  
O then let all indu'd with saving grace  
Learne hence their drooping soules to comfort,  
cheare,  
In all temptations, cases, where they feare  
A losse of graces: Loe, they (x) still remaine  
In safety in them, and shall spring againe.*

(s) Job 14. 7,  
8, 9. Cant. 2. 11,  
12, 13. Mosca  
14. 5, 6. Pf. 104.  
29, 30. 14. Isa.  
53. 2. Mat. 24.  
32.

(t) Pfal. 51. 9,  
10, 11, 12. Pfal.  
42. 5, 6. Pf. 77.  
14. 10 11. Revel.  
3. 2.

(u) Hosea 14.  
5, 6. Mich. 7. 8,  
9. Isa. 40. 29,  
30, 31. Job 17.  
9. Pf. 92. 12, 13,  
14, 15. Luc. 32.  
32 Rev. 2. 19.

(x) 1 Joh. 3. 9.  
Pf. 1. 3. Pf. 125.  
1, 2. Rom. 8. 35.  
to the end. Jer.  
32. 38, 39, 43,  
41. Esa. 58. 11.  
Pf. 37. 24.

X 3

What

(9) Cant. 2. 11,  
12, 13. Hof. 14.  
5, 6. Isa. 60. 1.  
Eph. 5. 14.

What though they cannot now them feele or eye;  
Wait but a while, and they shall them discry.  
It will not still be winter, (9) *spring is nere;*  
*If not before, yet then they will appeare,*  
*In greater lustre, vigor than before.*  
Lay up this blessed cordiall then in store,  
Against all evill dayes which will us cheare,  
When as our graces hide, and disappare.

18.

(7) Stapleton,  
Bellarmin. Bo-  
zius, Augusti-  
nus Trium-  
phans, and o-  
thers.

(7) 1 Kings 19.  
14, 15. 18. Ro.  
11. 3. to 6. Mat.  
26. 56. Acts 8. 1.  
Heb. 11. 36, 37,  
38.

Hence may we likewise *Popish* sorts refell,  
*Who hold* (7) *Gods Church on earth still visible,*  
*In glorious sort,* as if she alwayes grew  
In summer Ilands, and no winter knew: (low  
When as each true Church, Saint, whiles here be-  
Ofte feele, and find such winters, stormes, frost, snow.  
*As quite ecclipse, vaile, hide them, and their grace,*  
*Tea make them seeme dead, livelesse for a space,*  
*Both in their owne and others sence;* as I  
By sundry stories might exemplaye,  
Did not each gardens winter quarter teach  
This truth, and it unto our senses preach.

19.

Hence may each Church, S<sup>r</sup> further learn to cheere;  
Steele, arme themselves against all future feare  
Of winter stormes, blasts, tryalls which may shake  
Their leaves, fruits, stalks down to the earth, & make  
Them in appearance livelesse, voyd of grace,  
And in a wretched, helpelesse, hopelesse case,  
Like Gardens in cold winters: But yet shall  
This daunt their faith, or make their hope quite fal?  
O no! this winter lasts but for a space,  
And then succeeds a blessed spring of grace;

Which



Which shall revive, refresh, repaire, restore;  
Yea much increase, what seem'd dead, lost before,  
As it did unto (a) *Job*, whose latter end  
His first estate in blisse did farre transcend:  
O then, what ever be thy case, (b) relye,  
Wait, rest on God with faith, hope, constancie,  
Who farre beyond thy thoughts will thee translate,  
In his due season, to a blessed state: (spring,  
He who makes each grasse, plant, herbe, grow and  
Will make his Church, Saints much more sprout,  
laugh, sing.

20.

Hence may all raging Persecutors see, (bc  
That their attempts against Christs Church, Saints,  
Vaine, bootlesse, senselesse, (c) crossing in event  
The very end and scope of their intent,  
Making them more to thrive, increase, and grow,  
Instead of working their wish't overthrow.  
O what a wise, sweete, gracious God have wee  
Who workes our (d) blisse out of our misery?  
And makes the malice of our enemies,  
The spring from whence our greatest Comforts rise?  
O what besotted, senselesse fooles are those  
Who Gods true Church, & chosen Saints oppose!  
They thinke to crush, but raise them: they intend  
To worke their ruine, yet their states amend.  
This (e) *Josephs* breithren, (f) *Hammons* enmity,  
King (g) *Pharaohs* bloodshed, bondage testifie;  
With others, whose attempts still overthrew  
Themselves at last, but made Gods chosen crue.

21.

In winter season we can hardly know,  
Dead Garden plants from living, sith in shew  
They

(a) *Job* 42. 10,  
to 17.  
(b) *Mic.* 7. 8, 9;  
10. *[Pl.* 27. 14.  
*Pl.* 37. 5, 6, 7,  
34. 39. 40. *Pl.*  
40. 1, 2, 3. *Psal.*  
113. 7, 8, 9.

(c) *Exod.* 1. 10,  
11, 12, & c. *Ag.*  
8. 1, to 16.

(d) *Exod.* 1, &  
2. *Gen* 38. to  
49. c. 50. 20,  
21. *Ester.* c. 5.  
to 10. *Dan.* 3.  
19. to the end.  
& c. 7. through-  
out.

(e) *Gen.* 37. to  
50.

(f) *Esh* 5. to  
10.

(g) *Exod.* 1. &  
2.



(b) Jude 12.

(i) Cant. 2. 11,  
12, 13. Mat. 24.

32. Hosea 14.

5, 6, 7. Job 14.

7, 8, 9, 10.

(k) Isa. 66. 14.

Mal. 4. 2. Joh.

15. 2, 7, 8.

(l) Jam. 2. 17,

18. Mat. 5. 16.

Rev. 2. 19.

(m) Jude 12.

They both seeme dead and withered to the eye;  
But when as Summer comes, we presently  
Discerne the dead from those that are alive,  
Because the one (b) sprouts not, the other thrive:  
(i) Grow green, beare fruits; So when cold winters  
blast,

Benummes Gods childrens graces, or them cast  
Into a swooning fit, or Lethargie,  
Themselves or others hardly can descry  
Them from dead Christians: but when meanes of  
Grace,

And summer once begin to come in place,  
Both are with ease discerned, (k) Saints then spring,  
Revive, and goodly fruits of grace forth bring:  
And so their bidden life by (l) workes declare,  
The other spring not, or else fruitlesse are;  
And so proclaime themselves (m) dead. Let all try  
Their inward state of life, and grace hereby.

23.

(n) Isa. 5. 1. to  
8.

(o) Psal. 80. 12,

13. Isa. 5. 1. to

8. 2 Chron. 34.

15. to 20. Rev.

2. 5. Heb. 6. 4.

5, 6, 7, 8. c. 2. 3.

c. 3. 11. to 17.

Matth. 3. 9. c. 7.

19.

(p) 1 Chr. 28.

9. Psal. 95. 10,

11. Heb. 3. 11,

12. 1 Chr. 34.

16. Heb. 6. 5,

6. Dan. 1. 28. to

32. Heb. 12. 17.

When (n) Gardens fruitlesse be or overgrowne  
With weedes or thornes, they are then open throwne,  
Pull'd up, laid wast: So when a Church with weeds  
Is over-run, and nought but errors breeds,  
Or grosse corruptions, sins; (o) God then doth cast  
Her walls, pales downe, and forthwith layes her wast.  
Thus doth he deale with private Christians too,  
Who by their barrennesses, sinnes, Lusts undoe  
Themselves, provoking God them off to cast,  
Pull downe their hedge, and lay them ever wast.  
O let each Church and Christian then take heed  
How they prove barren, or sinnes in them breed.  
If Gods Bill of divorce be once out sic'd,  
(p) There is no helpe, it cannot be escheu'd.

In

23.

In Gardens oft the shade and neighbourhood  
Of weedes or poysonous Plants, corrupt the good;  
Kill, blast, or harme them more or lesse: So ill  
Lewd men of all sorts in the Church, doe still  
Deprave (q) *and hurt the better, their very shade*  
*Haib blasted many, and them worser made.*

There's no such Quench-coale, Plague, or bane of  
grace

As wicked Consorts, who it most deface.  
*He who would thrive in Grace must ever (r) flye*  
*With chiefest Care, all ill Mens Company.*

24.

Some stinking weedes ill favour oft devoures,  
Unsents the Perfumes of the sweetest flowers.  
That Gardens yeeld: *The (s) noysome sent and fume*  
*Of Saints and Churches vices oft consume,*  
*Out-smell the richest Odours of their Grace;*  
*Which in Gods Nose, and Mens then finde no place,*  
*Whiles that the stinking savour of their weedes*  
*Thus drownes their vertues sent, and it exceeds.*  
O then roote out these nasty Plants, which sinke  
Our sweeter fumes, and turne them into stinke.

25.

Sweete Garden Herbes, Flowers, Spices, Bruis'd in-  
tend

Their fragrant Odors, and their sentes amend;  
Whilst whole they (t) *sweete are,* yet their sentes but  
feeble

Y

When

(q) Pro. 22. 24.  
25. 1 Cor. 5. 10  
13. Heb. 12. 15.  
2 Pet. 2. 1. 2. 2  
Cor. 6. 14. 15.  
16. 17. 18.  
(r) Psal. 26. 4.  
5. Psal. 6. 8. Pf.  
101. 2. to the  
end. Psal. 119.  
115. Psal. 139.  
19. Pro. 1. 12. 10  
17. Isa. 52. 11.  
Rev. 18. 4. Psa.  
1. 1.  
(s) Isa. 1. 2. to  
28. Heb. 6. 5. 6.  
7. 8. 2 Pet. 2. 1.  
to the end. Rev.  
2. 4. 5. 14. 15.  
16. 19. 20. c. 3.  
15. 10. 17. Mat.  
7. 21. 22. 23.

(t) Cant. 5. 13.  
Exod. 30. 34.  
23. Isa. 42. 24.  
Jer. 6. 20.

(v) Phil. 1. 12.  
13. 14. Jam. 5.  
10. 11. Act. 8. 1.  
10. 16. 1 Pet. 1.  
6. 7. 1 Thes. 1.  
5. 6. 7. 8. Rom.  
1. 8.

(x) Psal. 51.  
17. Isa. 66. 2.

(y) Rom. 2. 5.

(z) Joel. 2. 13.

(a) Heff. 7. 7.  
8. Jer. 29. 5.  
Eccles. 2. 5. Luk.  
13. 19.  
(b) Col. 1. 6.  
Mar. 16. 15. 2  
Pet. 1. 1.

(c) Eph. 2. 13.  
14. 15. to the  
end. 4. 4. 5. 6.  
7. 13. 14. Rom.  
15. 4. 6.

(d) Jer. 29. 5.  
18. Amos. 9. 14.  
Esth. 1. 5. c. 7. 7.  
8.

When chrushte, the sweeter, and *their smell growes  
treble,*

Thus Gods deare Church and Saints, when pound-  
ed, broke

Within Afflictions Morter, by the stroke  
Of Gods chastising hand, *doe much (v) augment,*

*And more disperse their rich and fragrant sent:*

*Their fumes, but weake, and scarce discern'd before,*

*Grown ten-fold stronger, and increas'd in store:*

*Sending their fragrant Odors farre and nigh,*

*Before scarce smelt by those who stood close by.*

I will not then repine, nor be offended

At that whereby my sent's so much amended:

Yea, so dilated, that its incense flies

Throughout the Earth, and mounts above the  
skies:

The deare, sweete Incense of an (x) *Heart contrite  
Perfumes the Heavens, and is Gods delight:*

When as a (y) *heart unbroken, yields no sent,*

And ne're growes sweete till into peeces (z) *rent.*

26.

Gardens (a) *throughout the world dispersed lye*

*In every Clime, grac'd through variety:*

Gods Church and Saints are (b) *Catholicke for place,*

*In seate disjyn'd, (c) all one in heart and grace,*

Their graces, vertues sweete variety

Fills up their Consort, crownes their Harmony.

27.

Men Plant no Gardens, (d) *but where they intend*

*To dwell in Person, or some time to spend,*

And

And most part onely on their proper Fee,  
That they to them and theirs intail'd may be.  
God never planted Church in any Nation,  
But where he meant to fixe his (e) habitation,  
At least for lives or yeares, most usually  
He plants in Fee; Saints for (f) eternity.  
Churches, with meanes, Saints, still with (t) fruites of  
grace,

Those for his Common, these his Proper place.  
Churches may (b) lose his presence; meanes decay,  
Saints (i) still enjoy him, gifts shall last for aye.  
Lord plant me as a Saint, that I may be  
To Thee, and Christ, th'one Heire, Eternall Fee.

28.

All Gardens (k) beare not the same kinde or store  
Of fruites alike; some fewer, some yeeld more,  
Some Plants thrive best in one, some in another,  
What wants in one, is still supply'd by th' other,  
No one abounds with all things; all combin'd,  
In some or other we may all fruites finde;  
Just so, no (l) Private Church, or Saint is stor'd  
With all perfections; nor doe all afford  
The selfesame Measure, or degree of grace,  
Their gifts, fruites, Omers, vary as their place.  
Some in their (i) faith excell; they all (k) agree  
In truth thereof, yet differ in degree;  
Others abound in (l) love and Charity;  
Yet all divided in this unity:  
Some are more (l) humble; some more (m) patient  
These more (n) devout are; Others, more (o) Content,  
Those have more (p) knowledge; these more (q) joy, or  
peace

All one in substance, diverse in th' Increase.

Y 2

In

(e) Psal. 68. 18.  
Psal. 131. 14.  
Levit. 26. 11.  
12. 2 Cor. 6. 16.  
Rev. 21. 3.  
(f) Joh. 13. 1.  
Rom. 11. 29.  
Joh. 14. 16. 17.  
1sa. 59. 25.  
(g) Phil. 1. 10.  
11. Col. 1. 9.  
10. Gal. 5. 13.  
22. 23.  
(h) Rev. 2. 5.  
Mat. 21. 43.  
(i) Joh. 10. 28.  
29. Rom. 11.  
29. c. 8. 30. to  
the end.  
(k) Cant. 6. 2.  
3. 12. 1 King.  
21. 2.  
(l) 1 Cor. 12.  
4. 10. 31. Ephes.  
4. 13. 16.  
(m) Rom. 1. 8.  
Eph. 1. 15. Col.  
1. 4. 1 Thes. 1.  
3.  
(n) Eph. 4. 5.  
Col. 1. 23.  
(o) Col. 1. 4. 2  
Thes. 1. 3.  
(p) Num. 12. 3.  
Zeph. 2. 3.  
(q) Jam. 5. 11.  
(r) Dan. 6. 10.  
(s) Phil. 4. 11.  
(t) 1 Cor. 12.  
8. Phil. 1. 9.  
(u) 1 Pet. 1. 9.  
Rom. 15. 13. 2  
Cor. 8. 2. Rom.  
15. 13. 2 Cor. 8.

(r) 1 Cor. 12.  
4. to 31.

(s) Eph. 2. 15.  
16. 21. c. 4. 4. 3.  
6. 13.

(t) 1 Cor. 12. 4.  
to 31.

(v) Joh. 1. 16.

(x) Col. 2. 9.  
10. Ephes. 1.  
23.

(y) Heb. 5. 12.  
13. 14. 1 Cor.  
3. 1. 1 Pet. 2. 2.

In sum, their (r) graces, their degrees are many  
Each one his share hath; but the whole not any  
To strangle pride, breed Love, make all (s) but one  
Sith all (t) defective, Cyphers if alone.  
But joyn'd in One (Christ, whence (v) all graces flow)  
All are (x) compleate, All graces in All grow.  
Let none then thinke they have no grace at all,  
Because not all kinds equall; or those small  
And weake they have; perchance it is (y) new sprung  
Infants are perfect Men, though small, weake, young,  
Compleate in All their parts, though All not view'd  
At first, nor like in shape, strength, magnitude.

29.

(z) Jer. 39. 4.  
c. 52. 7. Eccel.  
25. 2 King. 21.  
18. 1 King. 21.  
2. Esth. 1. 5. c. 7.  
7. 8.

(a) Cant. 4. 12.  
15. 16. c. 5. 1. c.  
6. 2. 11. c. 8. 13.

(b) Gen. 2. 8. 9.  
10. c. 13. 10. Isa.  
51. 3. Ezec. 28.  
13. c. 31. 8. 9.

Joel. 2. 3.

(c) Psal. 149. 4.

Lev. 26. 11. 12.

Isa. 5. 7.

The greatest (z) Kings in Gardens much delight  
And plant them neare unto their Pallace sight.  
So Christ, the King of Kings, hath a (a) Garden  
Here upon Earth, his Church and Godly men,  
Wherein he walkes, dwels, much delights, and feeds,  
And plants them with all usefull fruites, berbes, seedes.  
Eden was once (b) Gods Garden stil'd, but now  
He doth no other Garden claime or know  
But his true Church, and chosen Saints onely :  
A Paradise most (c) pleasing to his eye.

30.

(d) Psal. 1. 3.  
Jer. 17. 8. Ezec.  
47. 13. 37. 35.

(e) 1. 30. c.  
64. 5.

When as I view some Garden, Plants, Herbes, Trees  
(Exceeding others in their heates, degrees)  
Still (z) greene all winter long, unnipt with Frost  
When colder Plants Leaves, greenesse, fruites are lost;  
And those not hot, quite (a) shriveled, kild with cold;  
I doe therein contemplate and behold

Three

Three sorts of Christians, whose sad winter Fates  
In persecutions, differ like their states.

The strongest Saints, hot in the fourth degree,  
Or third at least of faith, zeale, stand (b) firme, free  
From Winters Nips, Blasts, frosts, which though they beate  
Full sore upon them, cannot chill their beate :

Their inward fire still keepses them warme, fresh,  
greene;

When others fade, their Graces most are seene.  
Martyres were hottest, greenest, fruitefulst when  
Frosts hid, chil'd, kild, most shriveled other men.

The weaker, younger true Saints, hot but in  
The first degree, or second, oft (c) draw in  
Their beate, sap, vigour from their outward parts  
Unto the Roote and Center of their hearts;  
When winter stormes approach, so as their greene  
Leaves of Profession fade, fall, are scarce seene  
Till winters past : meane while their graces lye  
Hid for the most part in obscurity,  
Like Rootes in Earth, good corne in chaffe, or fire  
In ashes; and as heate is low, or higher  
Within, or frost without, so more or lesse  
They chill, fade, shrink, professe or not professe:  
Yet in these sharpest Frosts (d) there's life within,  
The hearts not frozen, shrivel'd, but the skin :  
When springs approach, cold stormes hath chas'd  
away,

They soone peepe up in fresh, greene, bright, ar-  
ray.

The Common Christians, who have no degree  
Of heate or saving grace (e) quite killed be

Y 3

And

(b) Psa. 1. 3.  
Psa. 37. 31. Pro.  
17. 8. Ezech.  
47. 12. Rom. 8.  
30. to the end.  
Cant. 8. 6. 7.

(c) 2 Tim. 4.  
16. Mar. 13. 21.

(d) 1 Joh. 3. 9.

(e) Mar. 13. 21.  
Luk. 8. 13. Jude  
12.

(f) Eph. 2. 1.  
1. Tim. 5. 6.  
Rev. 3. 1.

And froze to death with persecutions frost,  
Their heate before was borrowed, now its lost:  
It was the sunnes not theirs, all forraine fire,  
And summer fruits in Winter quite expire,  
Nor will the spring or summer them revive,  
No wonder, *they were (f) dead when first alive.*

31.

(g) Jude 12.  
(h) 1 John 2.  
19. Eph. 4. 13.  
10 17. Heb. 10.  
23. 24. 25.

Rootes, Plants, whiles they in Garden-Earth fast  
lye,  
Are fresh and live, but *taken thence (g) soone dye:*  
Gods true Church is a Christians (h) Element  
*Wherein he lives, growes, thrives;* if from it rent,  
Disjoyn'd, we soone fade, wither, quite expire,  
We have no life, but in the true Church fire.

32.

(i) 1 Cor. 5.  
throughout. 1  
Tim. 1. 20. Mat.  
18. 17.

The plucking up, and casting out of weeds  
From Gardens, lest they should good Herbes, Plants  
Seedes  
Corrupt and over-grow, instruct and shew,  
*How each true Church should roote up and (i) out-throw*  
*By sacred Censures, all lew'd wicked, vile*  
*Notorious sinners, lest they should defile,*  
*Deprave the good, and her quite over-grow,*  
*At last, by steps, and worke her over-throw.*

33.

(k) Mat. 6. 28.  
29. 30.

All Garden-Flowers, Herbes, Plants contented rest  
*With their owne (k) Native Colours, as the best;*  
Abhor-



*Abhorring Artificiall varnish paints :*

So all Gods chosen (1) *Plants*, true hearted Saints,  
 Themselves with their owne (m) *Native Beauty, Haire,*  
*Content; Use no Arts, Paints, to make them faire.*  
 A counterfeit Complexion, Bush, Face, Paint.  
 Doe ill become a (n) *sincere-hearted Saint.*  
 Where false (o) *Dyes, spots, appeare upon the skin,*  
*Its ten to one all's false, naught, soule within :*  
*Pride, Lust, Vaine-glory, Chambring, Wantonneſſe,*  
*Or Vanity at least, such soules possesse.*  
*The rootes from whence these spots, prints, first arise,*  
 Enough to make all Christians them despise.

34.

The (t) *lowest deepest Gardens most abound*  
*With fruites Herbes, Plants, and are the richest ground:*  
 The (1) *humblest Saints in fruitfulnessse excell,*  
*And God in them delighteth most to dwell.*  
 Lord alwayes decke me with humility  
 Which makes men fruitfull, lovely in thine Eye.

35.

Gardens have straites, sweete, pleasant walkes for  
 men,

To (1) *walke in,* and refresh their spirits, when  
 They tyred, greeved, sicke, perplexed are:  
 So Gods Church, Saints, have many pleasant, rare,  
 Straite, even walkes (Gods sacred (m) *Lawes, Word,*  
*Wayes)*

Wherein to walke, runne passe on, all their dayes;  
 Which their (m) *Hearts, Soules refresh, cheare and de-*  
*light,*

Yea, all their cares, griefes, pressuures make more light

And

(1) Isa. 61. 3.  
 (m) Mar. 5. 36.  
 1 Tim. 2. 9. 10.  
 1 Pet. 3. 3. 4. 5. I  
 Thes. 5. 22. 23.  
 (n) Phil. 1. 10.  
 (o) Isa. 3. 16. to  
 25. 2 King. 9.  
 30. Jer. 4. 30.  
 Ezech. 23. 40.  
 Rom. 12. 1.  
 Ezech. 16. 49.  
 50. 1 Pet. 3. 2.  
 3. 4. 5.

(t) Gen. 13. 10.  
 Num. 24. 6.

(1) Isa. 66. 2 c.  
 57. 15. Jam. 4. 6.  
 1 Pet. 5. 5. 6.

(1) Esh 7. 7.

(m) Psal. 119. 3.  
 3. 32. Gal. 6. 16.  
 Psal. 1. 1. 2.

(n) Psal. 119. 7.  
 to 13. Jer. 15.  
 16. Psal. 119.

And easie, if not totally expell :

O let us in these walkes, still walke, runne, dwell.

36.

(b) Cant. 2. 1. 2  
Gen. 1. 12. C. 2.  
9. Job 8. 16.

(c) Eph. 2. 1. to  
8. 1 Cor. 6. 9.  
10. 11. Joh. 1.  
16. Col. 1. 9. 10.  
11. 1 Thes. 1.  
5. to 10.  
(d) Rom. 8. 28.  
29. 30. Eph. 2.  
1. to the end.

(e) 1 Tim. 1. 15  
16. 13. 14. 2.  
Chron 33. 13.

14.  
(f) Psal. 103.  
15. 16. Isa. 40. 6

7. 8. Mat. 6. 30.  
(g) 1 Joh 3. 9.  
Rom. 11. 29. 2

Tim. 2. 19. Jer.  
32. 39. 40.  
Rom. 8. 30. to

the end. Psal.  
125. 1. 2. 3. Psal.  
37. 23. 24. Isa.

40. 29. 30. 31.  
Joh. 10. 28. 29.  
(h) 1 Cor. 15.

1 Thes. 4. 14.  
16. Job 19. 25.  
6. 27.

When I behold the goodliest, (b) Trees, Flowers, grow,  
And spring out of vile earth, or dung below,  
Which have no beauty, splendor, comeliness  
Within them; but meere stinke and rottenesse.

Me thinkes I see thereby, how Gods great power,  
Makes sweete faire shining (c) graces, spring in our  
Vile earthly, rotten, stinking, sinnefull hearts  
And Natures (when he us to him converts;)

Wherein nought but sinnes, vices, lusts did spring  
Before; and no one grace, nor one good thing :

O let none then despaire of having grace  
Because his nature, heart, are sinnefull, base,  
Corrupt and loathsome; since God makes stin-  
king.

Vile Earth, dung, sweete faire goodly flowers  
forth-bring.

If thou be one of his (d) Elect, no doubt  
All his sweete graces, shall in thee spring out

In his due time; then neither feare, nor faint;  
The (e) worst of sinners God can make a Saint.

And though flowers beauty, and mens too which spring  
Out of meere dust, are (f) fading, withering,

Yea soone decay, and turne to dust againe;  
Yet (g) saving graces flourish, fresh remaine,

And last without decay, because they spring  
Not out of dust, but from Christ our head, King.

Who doth preserve them alwayes from decay,  
And keepe Saints that they ne're fall quite away

From saving Grace. Nay, when as our Bodies  
Are trun'd to dung, (h) Christ shall cause them to rise

Out

*Out of the dust, like flowers in the Spring,  
And to the state of endlesse glory bring.  
O sweete, sweete solace to each pious brest;  
Which here may sit downe, and take up its (i) Rest.*

(i) Psal. 4. 8.  
Psal. 116. 7.

Lord let each Garden which we henceforth eye  
Or walke in, such divine Thoughts instantly  
Bring to our Mindes, to raise our Soules to Thee,  
And make us better by what there we see.

*The Epilogue.*

**O** That all Christians by this Posse, I  
Have here collected would learne instantly  
When as they in their pleasant Gardens walke,  
Thus *with their owne (k) Hearts*, God and Christ  
*to talke*

(k) Psal. 4. 4.

By pious Meditations, from what they  
Behold within their Gardens day by day.  
How sweete then would their walkes and Orchards  
prove?

How would their Soules be fired with Gods Love?  
Each Garden then would be a Paradise,  
A second Eden to the godly-wise:  
It not a Sinnefull, Shamefull, beastly thing  
For Christians to toyle, walk, talk, laugh, feast, sing,  
Play, sport themselves, or meditate onely  
Of worldly things, in Gardens constantly;  
And in the meane time scarce to have one sweete;  
Or pious thought from objects they there meete,  
Of God, Christ, Heaven, Mans Mortalitie,  
Presented to them in each Herbe they Eye?

For shame then let us all this fault amend  
Hereafter, and our Hearts, Mindes, fully bend  
To godly Meditations, whiles we passe  
Our time in Gardens, where each flower, herbe,  
grasse

And Creature we behold, will soone suggest  
Some vsefull Thoughts to every pious Breast,  
It to amend, and with sweete Extasies  
To elevate above the starry skies.

If any want helpe in this kind, they may  
Till better come, make use of this Essay.

---

*FjNjs.*

---

THE  
SOVLES COMPLAINT  
against the  
BODIES ENCROACH-  
MENTS ON HER:  
And the Generall Neglect she findes  
with Most.

BY WILLIAM PRYNNE, above foure yeares Prisoner  
in the *Tower of London*; and since thar, above three  
yeares Close Prisoner in *Carnarvan* in *North-Wales*,  
and in *Mount-Orgueil Castle*, in the *Isle of Ierisy*.

Matthew 16. 26.

For what is a man profited, if he shall gaine the whole World, and lose  
his owne Soule? or what shall a man give inexchange for his Soule?

Isaiah 55. 2. 3.

Wherefore doe ye spend money for that which is not Bread? and your la-  
bour for that which satisfieth not? Harken diligently unto me, and  
eate ye that which is good, and let your SOVLE delight it selfe in  
fatnesse. Encline your eare and come unto me, heare and your SOVLE  
shall live, and I will make an everlasting covenant with you, even  
the sure Mercies of David.

1 Peter 2. 11.

Dearely beloved, I beseech you as Pilgrims and Strangers abstaine from  
fleshy lusts, which war against the Soule.

1 Peter 3. 3. 4.

Whose adorning, let it not be that outward adorning of plaiting the  
haire, and of wearing of gold, or of putting on of apparell: But let  
it be the hidden man of the Heart, in that which is not corruptible;  
even the ornament of a meeke and quiet spirit, which is in the sight  
of God of great price.

London Printed by T. Cotes, for Michael Sparke dwelling at  
the blue Bible in Greene Arbar. 1641.

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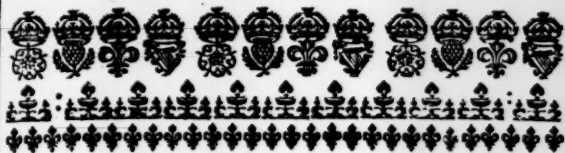
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TO

The Right Worshipfull his  
highly Honoured good Friend, the  
Lady *ELIZABETH BALFOVRE*,  
Wife to *S<sup>r</sup> William Balfoure*, Knight,  
Lieutenant of the Tower of  
LONDON.

**M**ADAM, Your Noble Favours whiles that I  
Did in the Tower of London Prisoner lye  
For sundry yeares; may now in Justice call  
For some expression of my Thanks, though small.

Having no better meanes to testifie  
My gratitude, than this small Poesie,  
Devoted to your Service, Use and Name;  
I crave your Kinde Acceptance of the same,  
And those thereto annexed; fruites of my  
Imprisonment; who shall both live and dye

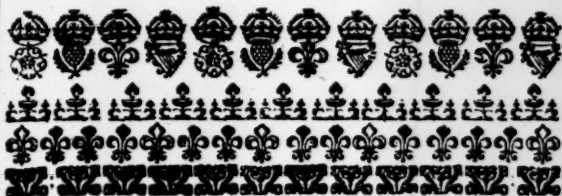
Your Obliged Friend

and Servant,

WILLIAM PRYNNE.







THE  
SOVLES COM-  
PLAINT AGAINST  
THE *BODIES* ENCROACH-  
MENTS ON *HER*:

And the Generall Neglect *She* findes  
with most.



Soule, *vive* (a) *Image of the Trinity,*  
*The* (b) *Breath of God; the Pearle, which*  
*(c) Christ did dye*  
*To purchase; (d) Temple of the Holy Ghost,*  
*The charge of (e) Angels, and the Hea-*  
*venly Host.*

Earths Wonder, (f) *Devils envie; Mans Prime Part,*  
The Master-peece of God and Natures Art;  
(g) *Worth thousand worlds; whose Pearelesse Dignity*  
No tongues of Men or Angels can descry,  
Must here with brinish Teares, and Sobs relate  
My Scorned, Slighted, and Neglected State,

Sith

(a) Gen. 1.26.  
27 c. 5. 1. c. 9.  
6. Ephes. 4. 24.  
Col. 3. 10.  
(b) Gen. 2. 7.  
(c) Psal. 16. 10.  
Psal. 30. 3. Psa.  
34. 22. Psal. 72.  
14.  
(d) 1 Cor. 6. 19.  
22.  
(e) Luk. 16. 22.  
(f) 1 Pet. 5. 8.  
Job 1. 7.  
(g) Psal. 49. 7.  
8. Mar. 16. 26.  
Mar. 8. 36.

(b) Job. 4. 19.  
2 Cor. 5. 1. 2.

(i) Gen. 2. 7. c.  
3. 19. c. 18. 27.  
Ecclef. 3. 20. c.  
12. 7. Job 4. 19.  
(k) Isa. 3. 18. to  
25. Rom. 13.  
13. 14. 1 Tim.  
2. 9. 1 Pet. 3.  
3. 4. 5.

(l) Isa. 3. 18. 19  
20. 21. 22. Ezecc.  
27. 13. to 28.  
Isa. 23. 2. 8.

(m) 1 Cor. 4. 9.  
to 14. 2 Cor. 4.  
8. 9. 10. 11. 2  
Chron. 36. 15.  
16. Mat. 23. 31.  
37. Act. 7. 52.  
(n) Jam. 5. 14.  
2 King. 1. 2. 3.  
to 18. c. 7. 8. 9.  
(o) 2 King. 8.  
29. c. 9. 15. c. 5.  
3. to 26. Mar. 4.  
14. c. 8. 16. c. 12  
15. 22. c. 15. 30.  
c. 19. 2. Act. 28.  
9. Joh. 5. 3. to  
10.

(p) Ephes. 2. 1.  
2. Ezechi. 16. 6.  
Psal. 38. 1. to  
12. Isa. 1. 6.

Sith all my Vassels, made Me to attend,  
Make Me their slave, inforce Me still to bend  
To their unjust Commands, quite robbing Me  
Of their due Homage, my Regalite.

Is not this Body wherein now I dwell,  
Nought But my Vassall, Casket, (b) *House, or shell?*

*Compact of (t) dust and Asbes, things most base;*

That it might not usurpe my supream place:

Yet loe this Rebell Slave dethrones me quite,

No Part thereof but Robs me of my Right;

Receiving more (k) *Attendance, cost, paines, Care*

*From most*, than I doe, though a Gemme most rare:

How many hundred Trades, what Worlds I pray,

Of Men by Sea and Land, both Night and Day

Are set on worke to Cloath the Backe, and feale

The all-devouring Paunch, with more than

need?

Have not the Head, Hands, Feete, Legges, Necke,  
nay Haire

Their (l) *severall Trades* to decke, make, keepe them  
faire?

Yet I poore Soule, among the Numberlesse

Vocations which these Baser Parts Possesse,

But one Profession have; in (m) *worst request,*

*Least minded, least imployd of all the rest:*

Seldome regarded till the (n) *fatall Houre.*

*Of deub, or Hell stand prest me to devoure.*

Is but the Body Pained, ill, or sicke;

A Member bruised, hurt with Sword, Knife, pricke:

Doe head, teeth, Stomacke, Armes, Legges, Fin-

gers Ake,

*Forthwith some good receipt Men seeke and take*

*To ease and cure them, making no delayes,*

*And thinke no Cost, Paines, Care mis-spent these wayes:*

Yet I (Alas!) not dayes but yeares oft lye

Sicke, wounded, pained, (p) *dead;* nay *Putrifie*

*Through*

Through many fostred ulcers, wounds, cares, sores,  
Of horrid finnes; yet (q) none my state deplores,  
Seekes out for cures, or once hasts to apply  
A salve to these my sores, through which I die,  
Yea, all the time, paines, care and little cost  
Bestow'd on mee, by most is deem'd but (r) lost.  
If but a little spot, dirt, dust, or fly  
Light on the face, hands, cloathes, men presently  
Wash, rubbe, or wipe it off with much disdain,  
Although it put them to some toyle, cost, paine:  
But I (O wretch) defil'd, stain'd, drench't through-  
out

With filthy finnes, which (s) Compassse mee about  
And make mee loathsome in the sacred Eyes  
Of God, who (t) filth of finnes most loathes, desies,  
Remaine uncleans'd, (v) unwash't from day to day;  
Till Hell surprise and sweep us cleane away.  
My varlet flesh, it's Pallate to delight,  
Repast must have each morning, mid-day, night,  
Wherein all (x) sorts of beasts, foules, fruits, herbes, fish,  
Sweet meats, vines, waters, drinkes, all heart can wish,  
Devoured are, to sat that corpes which must  
Feed wormes at last, and moulder into dust;  
Meane while, poore I, for want of food divine  
To feed, refresh mee, quite consume, starve, pipe;  
Or if I Word and Sacraments injoy,  
For want of faith and grace they mee (z) annoy,  
Not sat, and nourish as they ought, whereby  
I (a) famish, perish, die eternally,  
The Backe, it's (b) divers change of suites must have  
Of Velvits, Silkes, Stuffer, Tissues, Satins, brave  
And new: Old Clothes, Ragges, Course, or meane

Aray

It scornes, and will be well clad every day:  
But I meane time quite stript, and (c) naked am  
Of all the Robes of Grace to hide my shame,

A a

Clad

(q) Isa. 65. 1.  
Rom. 9. 14, 15,  
16. Joh. 1. 10,  
11.

(r) Mal. 3. 14.

(s) Psal. 38. 4.  
Psal. 40. 12. Pl.  
49. 5. Heb. 12.  
1. Isa. 1. 6.

(t) Hab. 1. 13.

(u) Isa. 1. 6. 16.

Jer. 4. 14.

(x) Luk. 19. 19.

Gen. 9. 3. 1

Sam. 25. 11. 36.

Ester 1. 3. to

10. Isa. 22. 13.

Amos 6. 4, 5, 6.

(y) Gen. 3. 19.

Eccles. 3. 20.

c. 12. 7.

(z) 1 Cor. 11.

27. 29. 2 Cor.

2. 15. 16. Heb.

4. 2.

(a) Isa. 55. 1,

2. 3.

(b) Isa. 3. 18,

19, 20. Luk.

16. 19. Gen. 45.

22. 1 Pet. 3. 3,

4. 2 Sam. 1. 24.

Zeph. 1. 8.

Mat. 11. 8.

(c) Rev. 3. 17.

18.

(d) Rom. 13.  
14. Rev. 3. 18.  
Plal. 45. 13, 14.

(e) Pl 90. 5, 6.  
Pl 103. 15, 16.  
112. 40. 6, 7, 8.

(f) Esther. 1. 3,  
10. 12. 2 Chron.  
7. 8. Amos 6.  
4, 5, 6. Job 21.  
11, 12, 13. Jam.  
5. 5.

Clad onely with the filthy weedes of Vice,  
And *Adams* old Rags, which lost Paradise.

(d) *New garments of Christs merits, and true grace,*  
*Which may adorne mee,* in so longa space,  
Are not once thought on, nor till backe and I  
Surpriz'd by death, in hell starke naked lye.

What vast expences, labour, thoughts, time, care,  
Have backe and bellie? as if all things weare  
Created for them, and man onely made

To cloth, and feed these, *which like (e) grasse shall*  
*fade,*

And perriſh: yet how little time, paines, cost  
Are spent on Mee, by whichall's fav'd or lost?

How many Houres, (f) *Dayes, Nights, and Teares are*  
*spent*

*In Eating, Drinking, Feasting, Complement,*  
*Vaine Chat, Sports, Visits, Pleasures of each kind,*

*The flesh to pamper?* whereas I scarce finde

Amidst all these diversions, one dayes space,  
Or houre to fast, pray, weepe, read, ~~see~~ for grace.

How many daily the whole morning passe,  
And vainly spend, betweene the Combe and Glasſe,  
In combing, frizling, powdring of their haire,

And wanto n lockes, to make them seeme more  
faire?

No Locke, or haire must out of order stand,  
But sit in Print, and oft be view'd, curl'd, scand.

Nay, which is strange, more cost, time, now is  
spent

Upon false Bushes of bought excrement,  
(Which some preferre before their native fleece,)

Than upon mee, mans honour, Master-peece;

When this is done, the Backe, Necke, Feete, Hands,  
Face;

And other parts must have their severall space  
For to adorne them, so as halfe che day

Is spent well nigh, the body to aray:  
 And that but untill night, when all this pride,  
 Attire is quite stript off, and laid aside,  
 As if it never were. O fooles to waste  
 Time in these toyes, which not one daies space last!  
 Yet I neglected soule, whom to adorne  
 And daily decke with grace mankind was borne,  
 Untrimmed lie, no cost, time, paines are spent  
 In decking mee, mans onely ornament.  
 Gods word (the (g) Glasse, which daily shold descry  
 My spots, staines, filth, and grosse deformity,  
 Them to redresse, and helpe men to aray  
 Me with all Robes of grace which make mee gay,)  
 Is most part shut close, seldome look't into  
 For these good ends, and if that any doe  
 Behold it now and then for custome sake,  
 The (i) Rule to dresse them by they'le not it make.  
 And though my sacred beauty, robes, aray,  
 Do never fade, waxe old, but last for aye:  
 Yea adde more lustre to my Baser part,  
 The Flesh, then either nature or mans art  
 Are able, causing it to (k) shine with raies  
 Of brightest glory, which shall last alwaies:  
 Yet few or none spend halfe the time to dresse,  
 Adorne mee, which they wast with greedinesse  
 Upon their bodies, faces, heads, lockes, backe,  
 Themselves and mee, without Gods grace, to  
 wracke.

This being now my rufull state; O let  
 Me here beseech all who have soules, to set  
 Some time apart to Ponder my complaint  
 Thus tendred to them, ynder which I faint.  
 And that you may just Judges twixt us prove,  
 Heare but a word or two, as you mee love.  
 What is the body, but a loathsome Masse  
 Of (l) dust and ashes, brittle as a glasse.

A a 2

Some

(g) Jam. 1. 23.  
24, 25.

(i) 1 Pet. 3. 3,  
4, 5. 1 Tim. 2. 9,  
10.

(k) Dan 13. 3.  
Matth. 13. 43.

(l) Gen. 2. 7. c.  
3. 19. c. 18. 27.  
Job 4. 19. c.  
14. 12, 3. Pl.  
103. 14. Psal.  
104. 29. Ec-  
cles. 3. 20. c. 12.  
7.

(m) Psal. 103.

15. Isa. 28. 1. 4.

c. 40. 6, 7. Jam.

1. 11. 1 Pet. 1.

24.

(n) Isa. 3. 18. 24.

(o) Pl. 102. 11.

Pl. 109. 23. Pl.

144. 4. Job 8.

9. c. 14. 2. c. 17.

7.

Soone crackt and turne to rottennesse dung, clay,  
Though fed with dainties, clad with rich aray?

What is the Faces, Beauty but a (m) floure

Which sundry chanches blast within one houre,

And so deforme, that wee abhorre the sight

Of that marr'd face which was our chiefe delight:

At best, it is a comely glasse our (o) shade,

Which sicknesse, Crosses, Age still cause to fade.

What are our lockes, our curled brayds of haire,

But excrements at best? not halfe so faire,

As plumes of sundry birds or peacocks. tiales,

Though frizled, poudred, deckt with pearles, knots,  
vails.

And yet how many more proud, carefull are  
Of these vaine bushes, than their soules welfare?

How many purchase heads of others haire,

To mend Gods worke, and make them seeme more  
faire?

Spending more time, cost, thoughts on excrement,  
Than upon Mee mans onely ornament.

What is the belly but a filthy sinke,

Jakes which engenders nought but dung and stink?

So noy some, that its sent offends the smell,

Corrupts the aire, even when the body's well.

What are the other members (head, hands, feete)

But skin and bones? without my helpe unmeete

For any use, yea let mee once withdraw

My selfe from the most faire corps, eyes ere saw,

Its beauty (p) fader, its flesh to rottennesse

Is turned, and all abhorre its loathfomenesse.

What hath the flesh or body worthy love,

Or praise, but that which from mee first doth move?

Let mee desert them, all their worth is lost,

And wither'd like grasse nipt with winters frost.

Why should you then, (O fooles, bereft of fence)

From day to day, bestow so much expence,

Time,

(p) Psal. 39. 11.

Psal. 49. 14.



Time, paines, thoughts, Care on these things which  
so base,

Meane, fading are, neglecting Mee and grace?

In which your chiefest good, yea, all your blisse

Comprized are. If you judge not amisse.

If this prevaile not, but you still proceed

Mee to neglect, the flesh to decke, serve, feed;

Tell Mee, I pray you, when the dismall day

Of sicknesse, death, or judgement, take away,

And cite you to account, how you have spent

Your golden dayes, for my use to you lent,

What joy or comfort can you reape from all,

Or any of those dayes, houres, which you shall

Have thus mispent on belly, backe, head, face,

Haire, feasting, pastimes, pleasures voyd of grace;

Or in the flesh or bodies servitude?

Which then will too too late be of you ru'd.

Shall yee not then with sighs and teares lament,

(And that in vaine) the time you thus mispent;

Offering to give ten thousand worlds, that you

Had not bereft Mee, of the time, care, due

To Mee alone, to fit Mee for that place,

Of endlesse blisse, which I for want of grace,

Shall then be thrust from, and cast into hell,

In (9) *fiery flames and torments still to dwell.*

Will not you then wish, you had never seene

This flesh, this body, which to mee have beene

So traitrous, so unkinde, Mee to enthrall

Unto their lusts, and spurre Mee into All

That might undoe, damne, both them Mee, and

you,

And wee shall in hels flames for ever rue?

If this be true: O then whiles life, time, space,

Ar left you to repent and seeke for grace;

Beewaile what's past, and henceforth learne to be

More loyall, kind, respectfull unto Mee.

(9) Mat. 25. 41.  
Mar. 9. 43, 44.  
46, 47. Rev. 19.  
20. c. 20. 10.

(r) Dan. 12. 3.  
Matth. 13. 43.

Save Mee, save all; lose Mee, and all is lost,  
For ever with Mee; spend then all your cost,  
Thoughts, paines, cares, dayes, on Mee; then shall  
you (r) shine,

*More bright than Starres, Moone, Sunne, with rayes  
divine*

*In Christs owne kingdome, where you shall possesse  
Such endlesse joyes, as no tongue can expresse.*

If this will not perswade you to amend,  
I'll cease my *Plaint*, and here in *silence* end.

---

**FINIS.**

---

*Imprimatur*  
Tho. Wykes;

*Feb. 1. 1640.*

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# COMFORTABLE CORDIALS.

AGAINST  
DISCOMFORTABLE  
*Feares of Imprisonment, and other sufferings in good causes.*

Containing some Latine Verses, Sentences, and Texts  
of *Scripture*, written by Mr. WILLIAM PRYNNE  
on his Chamber walles in the Tower of London,  
during his Imprisonment there; since  
*Translated by him into Eng-*  
lish VERSE.

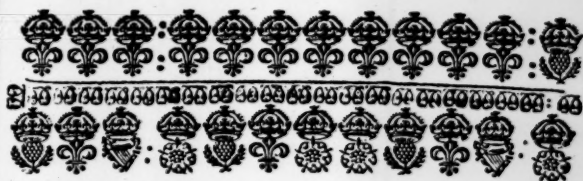
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2 CORINTHIANS 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11.

*Blessed be God, even the Father of our Lord Iesus Christ, the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation, that wee may bee able to comfort them which are in any troubles, by the comfort wherewith we our selves are comforted of God. For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ. And whether wee be afflicted, it is for your consolation, & salvation, which is effectually in enduring of the same sufferings, which we also suffered: or whether wee bee comforted, it is for your consolation and salvation. And our hope of you is stedfast; knowing that as you are partakers of the sufferings, so also you shall be of the consolation. For we would not, Brethren, have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure above strength, in so much that wee despaired even of life. But we had the sentence of death in our selves, that we should not trust in our selves but in God which raiseth the dead: who delivered us from so great a death, and doth deliver; in whom we trust, that he will yet deliver us: you also helping together by Prayer for us, that for the gift bestowed upon us, by the meanes of many persons, thanks may be given by many on our behalf.*

Printed Anno. 1641.





# COMFORTABLE CORDIALLS,

OR

**Latine Verses and Sentences,**  
written by Mr. *William Prynne* on his  
Chamber Walls in the Tower of London,  
during his Imprisonment there; Since tran-  
slated into *English* by him.

1.



*Erant* in *Cælum* Christi præsentia

*Claustrum:*

*Quid faciet Cælo, quæ Cælum jam creat*  
*Aniro?*

Christs presence hath my Prison turn'd into  
A blessed Heaven; what then will it doe  
In Heav'n hereafter, when it now creates  
Heav'n in a *Dungeon*? Goales, to *Conriss* translates?

2.

*Stigmata Christicolis, splendentia sidera; sanguis,*

A\* 3

*Purpura*

*Purpuræ regalis; mutilataque Membra, Decorum;  
Vincula, gemmatus Torques; Opprobria, plausus;  
Vulneta, Martyrium; Mors; Vita; Gravamina, Lu-  
crum.*

*Optima cuncta piis, Tristissima sola ministrant;  
Unica Crux sanctis, Via, Ianua, summa salutis.*

Brands, unto Christians are bright Starres; Blood  
spent,

A Royall Purple; Maym'd Limbes, Ornament;  
Bonds, Chaines of Pearle; Reproaches, Praise (no  
staine)

Wounds, Martyrdome; Death, Life; Oppressions,  
Gaine.

To godly men the saddest fares only  
All best things bring, and their joyes multiply;  
The Crosse alone to Saints is the high way,  
Gate, summe of safety, Meanes of endlesse Joy.

3.

*Christus ubique piis comitatur; Carceris Antrum  
Ingreditur: Turres, Densissima Mania, Rupes,  
Fossas, Ferratas Portas, Obstacula, Flammæ  
Permeat intrepidus; socius solamen, Amicus,  
Omnia seclusis, solus; saturatque benignus  
Deliciis superum stitientia Corda suorum;  
Discipulis foribus clusis intravit amicus,  
Christicolis clausis habitat conviva perennis.  
O fortunatus, cui Con-captivus Iesus.  
Latificans radiis tristissima Claustra supernis;  
Vincula non illum, Tormenta, gravamina mœstum  
Efficiunt, animum retinens ut cunque severum.*

DAV. 20. 19.

Christ every where accompanies good Men;  
He goes with them into the Prisons Den;  
The Towers, thickest Walls broad ditches, Gates,  
Of

Of Iron, Barracadoes, Flames and Grates  
Doth boldly passe through; proves Companion,  
Friend, solace, all things of himselfe alone;  
Vnto close Prisoners and fills plenteously  
The thirsty soules of his, with heavenly  
Delights. \* *Hee entered in the dores fast shut*  
*To his Disciples, them to comfort; but*  
With godly prisoners he's a constant guesse  
Resides; O happie he who doth possesse  
Christ for his Fellow-prisoner, who doth gladde  
With heavenly Sunbeames, Goales that are moit sad,  
Bonds, Torments, Prisons, make not him sad; he  
Retaines a quiet mind how ere things be.

John 10: 19.

4.

*Nullatenus virtus Christi virtute solutus;*  
*Permanet immunis, clusus vel Carcere Vinculis.*  
*Liber ubique, pius, placidus, benedictus, amicus,*  
*Indomitus; tacitum circumfert pectore Cælum:*  
*Tristia Latificans; Mæstissima cuncta serenans;*  
*Vincula disentiens, arctissima claustra recludens.*  
He is not bound whom CHRIST hath made free; he  
Though shut close Prisoner, chaind, remains still free,  
A godly Man's at large in every place,  
Still chearefull, well content, in blessed case,  
Vnconquer'd; he a secret Heaven still beares  
About within his brest, which sad things cheares,  
Dispells his blackest cloudes of griefe, off shakes  
His chaines; and closest prisons open makes.

5.

*Vincula non Animam cohibent, haud carcere clusam:*  
*Sidera transvolitat, Terram, Mare, cuncta pererrat*  
*Alpes, immensi fines transcendit Olympi;*  
*Limitis impatiens, artari nescia Mundi*

Cancellis;



*Cancellis; tantum requiescens Numine vasto;  
 Securus, placidusque Pius, vel turbine, Portus;  
 No bands the soule of Man can once restraine;  
 No Prison it inclose, nor yet containe;  
 It soares above the Starres, and swiftly flies  
 O're Earth, Sea, all things; mounts beyond the skies,  
 And bounds of the vast Heav'ns, impatient  
 Of Limits, ignorant how to be pent  
 Within the Rayles of this whole world; onely  
 Resting within the boundlesse Deity;  
 A secure, pleasant harbour to Godly  
 Men, even in a storme of Misery.*

## 6.

\* *Rev. 2. 7.*

11. 17. 21.

c. 3. 5. 12.

21. c. 21. 7.

2. *Tim. 1. 7.*

8.

*Vincula quid trepidas? quid tela minantia? Flammas,  
 Vulnera? quid rabidi Tormenta, Crucesve Tyranni?*

*Aspera pro Christo, dulcissima; qui Diadema*

*Vincenti Statuit, Lignique cruore paravit.*

*Scenicæ turba Choros, spectacula, Tympana, Adimos,*

*Ludicra stuprosis celebret, spectetque Theatris;*

*Vincula Christicola, Mutilatio, stigmata, Furca*

*Gaudia plura ferunt, cumulatæque Præmia condunt.*

*Histrion, Scena, Iocus, saltatio, Mascara, Cantus,*

*Risus Sardonicos generant, fictosque Cachinnos.*

*Cordolium verum, gemitus morsusque perennes:*

*Dulcia post tristant, peramara salute coronant.*

Why fearst thou Bonds? why threatnings? Weapons? Fires?

Wounds? why the torments, Crosses or the Ires

Of raging Tyrants? sith the sharpest things

We undergoe for *Christ*, most sweetnes brings.

who hath prepar'd and purchased for him

*Who* \* *overcomes, a glorious Diadem*

*By the Blood of his Crosse.* Let then the Crue

Of stage Frequenters celebrate, and view

Playes, Dances, Pastimes, Players, sports in base

\* *Rev. 2. 7.*

11. 17. 21.

c. 3. 5. 12.

21. c. 21. 7.

2. *Tim. 4. 7.*

8.

And

And filthy Theaters, where growes no grace.  
 Chaines, Mutilations, Pillories, Brandes bring,  
 To godly Christians farre more joyes, heaping  
 Most large rewards upon them. Players, Playes,  
 Jestes, Dancing, Maskes, Songs, generate alwayes  
 But deadly Laughters, feigned shoutes; \* true grieve,  
*Sighes, lasting gripes of Conscience, past reliefe.*  
*Sweet worldly pleasures still in \* sadnesse cease;*  
*When \* bitterest sufferings bring Crownes, safety, peace.*

7.

*Aulicus imbellis gemmis, Dominaque Capillis  
 Auriculas onerat, magnoque decore venustat,  
 Stigma, Cicatrices, mutilatio pulchrius Aure  
 Christigena decorant radiisque micantibus ornant,  
 O Decus eximium referentia Vulnera Christum:  
 Talibus insignis superis peramatus abibis.*

Th'unmanly Courtier with his Mistresse Haire,  
 And Jewels, lades his eares, to make them faire.  
 When as Brands, Scarres, and Croppings farre more  
 dight

A Christians eares, and make them shine more bright.  
 O Matchlesse Glory, Woundes which Christ expresse!  
 Adorn'd with these, Gods love thou shalt possesse.

8.

*Passio Cælipetis Alpha, at Solamen Omega:  
 Principium Lachrymis decoratur; Meta, Triumphis.*  
 Suffering's their Alpha who to Heaven tend;  
 But Joy is their Omega, finall end;  
 Their Entrance is adorn'd with teares of Woe,  
 Their end with Triumphs, which their griefes outgo.

9.

*Nil Crux sentit in Nervo, si Anima sit in Cælo.*

B \*

The

\* Job 4. 9.

I c. 5. 1.

\* Pro. 14.

13.

\* 2 Cor. 4.

17. 2.

Tim. 2. 12.

The Legg feesles nothing in the stockes, if the  
Soule, minde, Affections in Heav'n placed be.

## 10.

*Non timet is carcerem, qui scit contemnere Libertatem,  
Vitam, voluptatem, Famam: cui Mundus Ergastulum,  
Terra Exilium, Deus habitaculum, Mors Solutium.*

He feares no prison who knowes to despise  
Freedome, Life, pleasure, Fame, which others prise:  
To whom this world's a prison; Earth, a place  
Of Exile, God, a Mansion; Death, Solace.

## 11.

*Servus Christi etiam in vinculis, Liber.  
Servus Peccati etiam in summa Libertate captivus.*  
Christs Servants even in prison are still free:  
Sinnes, in the greatest freedome, captives bee.

## 12.

*Nil corpus patitur in Ergastulo, si Animus sit in Cælo.*  
The body suffers nought in prison, when  
The mind it selfe is lodged in Heaven.

## 13.

*Quid Cælum sine Deo, nisi Barathrum?  
Quid Barathrum cum Deo nisi Cælum?*  
What's Heav'n without God but a very Hell?  
What's Hell but a Heav'n, if God once there dwell?

## 14.

*Nullibi in carcereatur, qui ubique in Christo liberatur:  
Nunquam deicitur, qui semper à Jehova sustentatur.*  
He in no place can once imprisoned be,  
Who in all places is \* by Christ set free:

\* Job. 8. 36.  
Gal. 5. 1.

He

He never is \* dejected, who alway  
Hath great Iehovah for his prop and stay.

\* Psal. 37.  
24.

15.

*Nusquam solus qui ubique cum Deo;  
Nunquam Miser qui semper cum Christo,  
He never is alone, who every where  
Hath God himselfe, him company to beare,  
He never can be miserable, who  
Is alwayes with Christ, who doth with him goe.*

16.

*Vbi Deus adest, ibi non est Carcer, sed Paradisus; Non  
Ergastulum,  
Sed Palatium; non Barathrum, sed Cælum.  
Where God is present, there no Prison is,  
But a sweet Paradise of Joy and blisse;  
No Bridewell, but a Palace; no darke Cell,  
But a bright Heaven, where all comforts dwell.*

17.

*Carcer probat Amicos, detegit Inimicos;  
Excludit Mundum, includit Deum:  
Alit virtutes, extinguit Libidines,  
Edocet Temperantiam; cohibet Luxuriam;  
Mortificat carnem, sanctificat hominem;  
Ingenerat gratiam, thesaurizat Gloriam.  
A priton tries Mens friends, detects their Foes.  
Shuts out the world, God to men doth inclose;  
Nourisheth vertues, Lusts extinguisheth;  
Temperance teacheth, Riot restraineth,  
Quite kills the flesh, but makes the Man holy;  
Ingenders Grace,\* and treasures up glory.*

\* 2 Cor. 4.  
17.  
2 Tim. 4. 8.

## 18

*Turris Christianos fideles fide inarcerat, verè liberat,  
Vnicum Dulcissimum Christi Iugum. [cui subjugari  
est perfectè manumitti] Imponendo: multiplicia gravissi-  
maque Carnis, peccati, Mundi, Diaboli vincula [quibus  
illaqueari, est certissime captivari,] discutiendo.*

The Tower true faithfull Christians feinedly  
Imprisons, but them sets free verily,  
By putting on them Christs sweet yoake onely,  
To which to be subjected, is truely  
To be enfranchised; by shaking off  
The manifold, and most heavy chaines of  
The flesh, sinne, World, Dile; in which for to lye  
Insnared, is to be captiv'd certainly.

## 19.

*Turris plurimis Spectaculum, multis habitaculum: non-  
nullis Refugium; aliis diversorium; Regi Pala-  
tium; Regno Gazophylacium, Armamentarium, Pro-  
pugnaculum, Monetarium: Victis piis Oratorium;  
Papisticis, Purgatorium; Clausis, Monasterium;  
Innoxiiis, Hospitium; Reis, Ergastulum; Litera-  
tis, Musæum; Ebriosis, Oenopolium; proditoriis,  
Macellum.*

The Tower is to most, a Spectacle;  
To many its a house, wherein they dwell;  
To some a refuge; Others, a lodging;  
A Royall Pallace, it is to the King;  
Vnto the Kingdome it's a Treasury,  
Armory, Balwarke, Mint: an Oratory  
To Godly prisoners; but a purgatory  
To popish; to close ones, a Monast'ry;  
To guilelesse ones, it's an Inne; to guilty

A *Bridewell*; to learn'd ones, it's a study;  
To idle ones a Dormitory; to  
Drunkards, a tipling-house them to undoe;  
To Traytors it's a shambles, where their head  
And Quarters hang, when they are butchered.

*On his Exile into Ierſy Iſte.*

Why ſhould this *Exile* me grieve, diſcontent,  
Sith this whole *World's* a place of *Banishment*?  
And men as truely *Exiles* are at *home*,  
As in the *ſtrangeſt Clime* to which they come?  
Are not *God, Chriſt, Grace*, Heav'n to us as nigh  
In forraigne Parts, as in our own *Country*?  
Yea; and oft times more neare: this true to be  
By \* *Abraham, Iacob, Ioseph*, all may ſee,  
I will not then flye, feare my *Banishment*,  
But in it joy, and take moſt ſweet content,  
Sith *God* will me protect, \* *reſtore againe*,  
Or elſe tranſlate to Heav'n, with him to reigne,  
Mine onely *Proper* \* *Country*, wherein I  
Shall live a *Free-man* for eternity,  
In ſpite of my *Arch-foes*; whom I ſhall ſee  
*Exild*, \* *imprison'd*, and my ſelfe ſet free.

(1) *Levit.*  
25. 23.  
\* *Pſal.* 39.  
12.  
*psal.* 119. 19  
2 *Chron:* 29  
15.  
*Heb.* 11. 13  
1 *pet.* 2. 11.  
\* *Gen.* 12.  
28. to 48.  
*Alt.* 7. 3. 10  
17.  
*Heb.* 11. 8.  
\* *Iſay* 41. 5.  
6.  
\* *Heb.* 11.  
14. 16.  
\* *Prov.* 11.  
8.  
6. 21. 18. 6.  
12. 13.

## Dens Turris etiam in Turres

Turris	Libertatis	in Turre	Angustia;
	Consolationis		Tristitia;
	Quietis,		Molestia;
	Fœlicitatis		Miseria;
	Honoris		Dedecoris,
	Splendoris		Obscuritatis;
	Securitatis		Perturbationis,
	Salutis		Perditionis,
	Spei		Desperationis
	Gaudii		Afflictionis,
	Pacis		Belli;
	Profectionis		Periculi,
	Gratia		Peccati;
	Vita		Mortis,
	Gloria		Perpeſſionis.

God is a \* Tower in the Tower

\*Psal. 18.2.

Psal. 1. 3.

Psal. 144.

2.

A Tower of Liberty,

In the Tower of Restraint; a Tower

Of Comfort, Jollity

In the Tower of Sadness; a Tower

Of sweetest Quietness

In the Tower of Trouble; a Tower

Of blessed Happiness,

In the Tower of Misery; a Tower

Of Honour, Dignity

In the Tower of disgrace; a Tower

Of bright Excellency

In the Tower of darkness; a Tower

Of strong security

In the Tower of danger; a Tower

Of health and true safety



In the Tower of Sicknesse ; a Tower  
 Of hope and good successe  
 In the Tower of Despaire ; a Tower  
 Of joy and cheerefulnesse  
 In the Tower of sorrow ; a Tower  
 Of peace and union  
 In the Tower of fierce war : a Tower  
 Of safe Protection  
 In the Tower of perill ; a Tower  
 Of Grace and Piety  
 In the Tower of vile Sinne ; a Tower  
 Of Life , eternity  
 In the Tower of grim death ; a Tower  
 Of Glory and great praise,  
 In the Tower of suffering : such Tower  
 God proves to his alwayes.

21.

*Deus Turris.*

1.	2.	3.
<i>Protegendo ;</i>	<i>Consolando,</i>	<i>Eripiendo,</i>
<i>A malis,</i>	<i>In Malis</i>	<i>A Malis</i>
<i>In malis,</i>	<i>Semper,</i>	<i>Cito</i>
<i>Contra malos,</i>	<i>Abundanter,</i>	<i>Tempestive</i>
<i>Inter malos,</i>	<i>Suavissime ;</i>	<i>Potentissime</i>
<i>Ubique,</i>		
<i>Tutissime,</i>		
<i>Fortissime,</i>		
<i>Gratiosissime,</i>		

*Mortalium proculdubio Beatissimus , qui Mundi  
 Exul , Christique Captivus , Turri isti tutissima , ju-  
 cundissima , optima , maxima perpetuo ( dum vixeris )  
 adjudicatur*

*ad iudicatur. Salvo certè custoditur, quinon solùm à Deo, sed in Deo conservatur: arctari non potest, qui ipsa Dei infinitate (in carceratus) spatiatur. Ita omnatur Gulielmus Prynne: Marty 3. 1633.*

God is a Tower by protecting all  
His Saints from Ills, in Ills which them befall;  
Against, amidst ill men in every place,  
Most safely, strongly out of his meere grace;  
By comforting them in adversity  
Alwayes, most sweetly, most abundantly:  
By freeing them from evils speedily,  
In the best time, and that most potently:  
No doubt he is the happiest man alive,  
Who this worlds Exile, and *Christs* deare Captive,  
Is during life adjudg'd perpetually  
In this most safe, sweet, best great'st Tower to lye.  
He is truly kept safely, who both by  
And in *God* is preserv'd continually:  
He cannot straitned be, who walkes freely  
(Whiles prisoner) in *Gods* vast Infinity.  
Of this opinion WILLIAM PRYNNE was the  
Third day of *March*, six hundred thirty three.

*Sentences of Scripture there likewise  
written.*

PSAL. 69. 33.

The *Lord* heareth the poore, and despiseth not his prisoners.

PSAL. 146. 7, 8.

The *Lord* looseth the prisoners; the *Lord* raiseth those that are bowed downe.

PHIL.

PHIL. 4. 11, 12, 13.

I have learned in whatsoever state I am, therewith to bee content, I know both how to be abased, and I know how to abound: every where, and in all things I am instructed, both to bee full, and to bee hungry; both to abound, and to suffer need: I can doe all things through *Christ*, which strengthneth mee.

PSAL. 34. 17. 19. 22.

The righteous cry, and the *Lord* heareth, and delivereth them out of all their troubles. Many are the afflictions of the righteous, but the *Lord* delivereth him out of them all; the *Lord* redeemeth the soule of his Servants, and none of them that trust in him, shall be desolate.

PSAL. 37. 23, 24. 37. 38, 39, 40.

The steps of a good man are ordered by the *Lord*, and hee delighteth in his way: Though hee fall, hee shall not be utterly cast downe, for the *Lord* upholdeth him with his hand: Marke the perfect man, and behold the upright: For the end of that man is peace. But the transgressours shall bee destroyed together, the end of the wicked shall bee cut off: But the salvation of the righteous is of the *Lord*, hee is their strength in the time of trouble. And the *Lord* shall help them and deliver them: hee shall deliver them from the wicked, and save them, because they trust in him.

PSAL. 71. 19, 20, 21, 22, 23, 24.

Thy righteousness also O *God*, is very high, who  
 C halt

hast done great things, O *God* who is like to thee? Thou which hast shewed me great and sore troubles, shalt quicken mee againe, and shalt bring mee up againe from the depths of the earth. Thou shalt encrease my greatnesse, and comfort me on every side. I will also praise thee, with the *Psaltory* even thy truth: O my *God* unto thee will I sing with the Harpe, O thou holy one of *Israel*: My lips shall greatly rejoyce when I sing unto thee: and my soule which thou hast redeemed: my tongue also shall talke of thy righteousness all the day long: for they are confounded, for they are brought unto shame that seeke my hurt.

MICAH: 7.6, 7, 8, 9, 10.

A mans enemies are the men of his owne house: Therefore I will looke unto the *Lord*; I will waite for the *God* of my salvation, my *God* will heare mee: Rejoyce not against me o mine enemy: when I fall, I shall arise: when I sit in darknesse, the *Lord* shall bee a light unto mee. I will beare the indignation of the *Lord*, because I have sinned against him, untill hee plead my cause and execute judgement for mee, Hee will bring me forth to the light, and I shall behold his righteousness. Then shee that is mine enemy shall see it, and shame shall cover her which said unto mee, where is the *Lord* thy *God*? mine eyes shall behold her, now shall she be troden downe, as the mire of the streets.

\*7 say 53. 4.

5. 6. 8. 10.

Rom 4. 25.

1 Cor. 15. 3

1 Pet. 2. 24.

\* Heb. 12.

2c. 13. 12.

12. Gal. 3.

13.

Phil. 2. 8.

On his Suffrings on the Pillory.

Christ for \* my sake, sinnes, and Redemption  
From Hell and endlesse Torments; suffered on  
The \* Crosse, a shamefull, cursed Death, with all  
Alacrity

*Alacrity, joy, promptitude: And shall  
I not for his sake then most cheerefully  
Both stand, and suffer on the Pillory,  
Without all blush, or feare? since 'tis no shame,  
But\* Honour, thus to suffer for Christs name.*

*Verses made by W. PRYNNE, as he returned by  
Water to the Tower after his last sufferings,  
upon his Stigmatizing.*

S. L. *Stigmata Landis.*

*Stigmata Maxillis referens, Insignia Laudis,  
Exultans remeo, victima grata Deo.  
Bearing Lands Stamps on my Cheekes, I retire  
Triumphing, Gods sweet Sacrifice through fire.*

*On his returne from Exile.*

*Foes sent me hence, but God, and his Saints cryes  
Have brought me back, 'tis wondrous in all Eyes.  
No Exiles, Prisons, Chaines, powers can detaine  
Those whom God will recall, free, raise againe.*

\* Phil. 1: 29

2 Tim. 2.

12.

Rev. 7. 13.

to 17.

ISA. Y. 51. 11. 14. 6. 41. 5, 6.

The redeemed of the Lord shall returne, and come with singing unto Zion, and everlasting joy shall be upon their head; they shall obtaine gladnesse and joy; and sorrow and mourning shall flee away. The *CAPTIVE EXILE* hathneth, that hee may be loosed, and that he should not dye in the pit, nor that his bread should faile: Feare not, for I am with thee, I will bring thy seed from the East, and gather thee from the *West*, I will say to, the *North*, Give up; and to the *South*, keep not backe; bring my sonnes from farre, and my daughters from the ends of the Earth.

F F N F S.

## ERRATA.

**I**N the Epistle v. 1. it were, r. i were p. 2. l. 32. The r. Hep. 3. l. 8. He's, r. he The verses p. 9. of his Exile into Jerisy, should have come in p. 15. after Stigmata Laudis.

*Robert moads*





# MOVNT-ORGVEIL:

OR

## DIVINE AND PROFITABLE MEDITATIONS, RAISED FROM

The Contemplation of these three Leaves of

Natures Volume, 1. ROCKES, 2. SEAS, 3. GARDENS, digested into three distinct Poems.

To which is Prefixed, a Poeticall Description, of Mount-Orgveile in the Isle of Jersey.

BY WILLIAM PRYNNE, Late Exile,  
Close Prisoner in the sayd Castle.

A Poem of *The Soules Complaint against the Body*, and  
*Comfortable Cordials* against the Discomforts of Imprisonment, &c. are hereto annexed.

Psalme 119. 14.

Let the Words of my mouth, and the MEDITATION of my Heart, be acceptable in thy sight, O Lord my Strength, and my Redeemer.

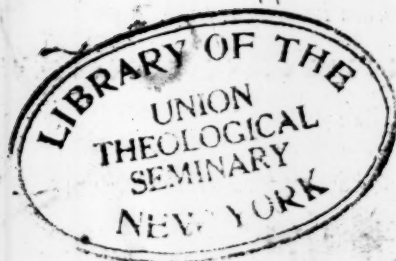
Psalme 143. 5.

I remember the dayes of Old, I MEDITATE on all thy Workes;  
I muse on the Worke of thy hands.

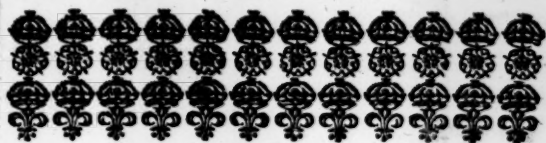
LONDON,

Printed by Tho. Cotes, for Michael Sparke Senior, dwelling at the blue Bible in Greene Arbour 1641.

1641  
P972  
M



OCT 15 1944



TO  
The Right Worshipfull his  
ever Honoured worthy Friend, Sir  
*PHILIP CARTERET* Knight, Lieutenant  
Governour and Bayliffe of the *Isle*  
of *Jersey*.

**S**IR, Your great Favour and Humanity  
To Me whiles Exile, Prisoner in *Jersey*,  
Wholy seclused from all Friends access,

Under the angry Frownes of their Greatnesse  
Who sent Me thither, to deprive me quite  
Of worldly Comforts; challenge a just Right  
To these rude *Meditations*, which there grew,  
And so in Justice are your proper Due.  
Accept them than, as a small Pledge of my  
Thankes unto You, till Oportunity  
And better Dayes, enable me to finde,  
Some other meanes to pay all that's behinde.

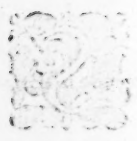
*Your Eternally Obliged*

*Friend and Servant*

WILLIAM PRYNNE.

THE UNIVERSITY OF CHICAGO  
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W. B. EERDMANS



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PRESS

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PRESS



TO  
THE CHRISTIAN  
READER,

**S**hut up Close-Prisoner in Mount-Orgueil Pile,  
A lofty Castle, within Jersey Isle,  
Remote from Friends, \* neere three yeares  
space, where I

Had Rockes, Seas, Gardens dayly in mine Eye,  
Which I oft viewed with no small delight,  
These pleasing Objects did at last invite  
Me, to contemplate in more solemn wise,  
What usefull Meditations might arise  
From each of them, my soule to warme, feast, cheare,  
And unto God, Christ, Heaven mount more neare.  
In which pursuit, I found such inward Joyes,  
Such Cordiall Comforts, as did over-poise  
My heaviest Crosses, Losses, and supply  
The want of all, Foes did me then deny;  
Give me assurance of a sweete Returne  
Both from my Exile, Prison, and mine Urne:  
Revive my cold dead Muse, and it inspire  
Though not with brightest, yet with Sacred fire:  
Some Sparkes whereof rakt up in Ashes then,  
I layd aside, for want of Inke and Pen:  
But now enlarged by the mighty hand  
Of that sweete God, who both by \* Sea and Land  
In sundry Prisons, Countries, kept me so  
In health and comfort, that I met with no

\* I arrived in  
Jersey, Iannary  
the 17. 1637.  
and received  
the Tydings of  
my enlargement  
thence by war-  
rant from the  
Parliament  
November 17.  
1640. the same  
day of the Mo-  
neth. I there  
first landed.

\* Isa 43. 2. Psa.  
66. 12. Pl. 139.  
9. 10. Josh. 1. 5.  
9.

\* I was first committed Prisoner to the Towre of London, Feb. 1. 1632. where after two removals to the Fleet for a short space, I remained Prisoner till July the 27. 1637. & was then removed to Carnarvan Castle in Northwales, where I arrived August the 5. and was there kept close Prisoner till I was by special warrant shipped & sent close Prisoner for Jersey, Octob. the 10. 1637. where I arrived norttill January the 17. following. From whence I departed by Warrant from the Parliament, Novemb. 19. 1640. and landed at Dartmouth Novemb. 22. came into London Novemb. 28. was presented to the Commons House Novemb. 30. where my Petition was read Decem. 3.

## To the Reader.

One day of Sickenesse, Sadnesse, Discontent,  
In \* eight yeares Troubles, and Imprisonment :  
(Which I relate, that all may blesse his Name  
For his great Mercy, and expect the same  
Support and Presence of our God in all  
Those sharpe Afflictions which may them besall,  
As I have found, by sweete experiment  
To my surpassing Solace, and Content :)  
I have blowne up these buried Sparkes a new,  
And here present them to thy Christian view,  
(Kinde Reader) to the end that thou mayst be  
Refreshed with those Thoughts, which refreshed me,  
And Steele thy Soule with Faith, Hope, Confidence,  
Against all Carnall feares and diffidence,  
With that which made Me to expect with joy,  
That blest Enlargement I doe now enjoy.  
From my long Durance, Censures, Banishment,  
Which God hath made a fresh, sweete Monument  
Of his Almighty power, that all thereby  
In all their Troubles and Adversitie,  
May learne with Faith, Hope, comfort to depend  
On God, who in due time Release will send.  
Thy Comfort, Profit is all I desire,  
Next to Gods glory; Lord, let the sweete fire  
Of thy good Spirit by these Lines convey  
Such Flames of Love, zeale, Comfort, Grace, & Joy  
Into each Readers soule, that he may see  
These Meditations were inspir'd by Thee.  
If any profit, fruit, thou from them gaine,  
O pray for him, who ever shall remaine

Thy Unfained

Christian Friend

WILLIAM PRYNNE.



A  
POETICALL DESCRIP.  
tion of Mount-Orgueil Castle in  
the Isle of Jersey, interlaced, with  
some brieve *Meditations* from  
it's rockie, steepe, and lofty  
Situation.

**M**ount Orgueil Castle is a lofty pile,  
Within the Easterne parts of *Jerisy Isle*,  
Seated upon a *Rocke*, full large & high,  
Close by the *Sea-shore*, next to *Normandie*,

Neere to a *Sandy Bay*, where boats doe ride  
Within a *Peere*, safe both from Wind and Tide.  
Three parts thereof the *flowing Seas* surround,  
The fourth (North-west-wards is firme rockie  
ground)

A prond *High-mount* it hath, a *Rampeir* long,  
*Foure gates*, *four* *Posternes*, *Budworkes*, *Sconces* strong,  
All built with Stone, on which there mounted lye,  
*Fifteene* cast peeces of Artillery;  
With sundry *Murdering Chambers*, planted so,  
As best may fence it selfe, and hurt a foe.  
A *Guard of Souldiers* (strong enough till warre  
Begins to thunder) in it lodged are;

A

Who



## A Forticall Discription

Who watch and ward it duly night and day;  
For which the King allow's them *Munibly* pay.  
The *Governour*, if present, here doth lye,  
If absent, his *Lieutenant* deputy.

\* H. F.

\* *A man of Warre* the keyes doth keepe, and locke  
The Gates each night of this high towering Rock.  
The Cattle's ample, Aire healthy, and  
The Prospect pleasant, both by Sea and Land.  
Two *boystrous* foes, son etimes assault with losse  
This *Fortresse*, which their progresse seemes to  
crosse.

The *Raging waves* below, which ever dash  
Themselves in pieces, whiles with it they clash,  
The *Stormy winds* above, whose blasts doe breake  
Themselves, not it, for which they are too weake.  
For why this fort is built upon a *Rocke*,

(a) Mat. 7, 24.  
25.

And so by (a) *Christ's owne verdict* free from *shocke*  
Of floods and winds; which on it oft may beate,  
Yet never shake it, but themselves defeat.

(b) Pf. 2.9. Re.  
2. 17. Mat. 21.  
44

Thus potent Tyrants, whiles they strive to quash.  
Christ's feeble members, oft (b) *themselves quite dash*  
To shivers, gainst the *Rocke* Christ, upon whom  
They safely founded stand what ever come.

A *Rocke* too high for floods to reach; too strong,  
Too firme for fiercest winds to shake, though long  
They beate upon it, with a roaring sound,  
And blustering stormes, to cast it to the ground.

(\*) Mount Or  
guil, signifies a  
proud Mount;  
or Mount of  
pride.

(c) Rev. 18 7.  
Dan. 4 26, 27,  
28. Act. 12, 22,  
23. Psal. 73. 6.  
Ezek. 16. 49.  
(d) Obadiah. 3

This Cattles (\*) *haughty name*, and lofty seat,  
(Enough to puffed up minds not truly great,)  
Portend at first, that pride it selfe should dwell  
Within it: or such who in pride excell;  
Since *haughty* (c) *Tyiles*, (d) *places too oft find*,  
Or *Make* at least a proud and *haughty mind*.  
But though this vice in former times (perchance)  
Might here reside, and her proud throne advance;  
Yet now shee's banish't hence with all her traine,  
And

## of Mount Orgueil Castle.

And long be it ere she returne againe.  
 Now nought but meeknesse and humility  
 In mind and habit, mixt with charity.  
 (The trueſt (\*) enſignes of a noble Race;  
 And pious heart) adorne this ſtately place,  
 Let wortheſſe upſtarts, beggers, peaſants vile  
 Be proud and haughty: this high mounted pile,  
 Poſſeſt by thoſe of better Birth, Blood, Place,  
 Ignoble pride ſhall never once Imbrace,  
 When Chriſt (g) the patterne of Humility  
 Would teach this virtue, to a (h) mountaine high  
 He forthwith goes: and then exhorteth all  
 To ſeek this grace; fly pride, by which they (i) fall,  
 Shewing hereby, that pride more oft doth dwell  
 In (k) loweſt valieyes, and the meaneſt Cell;  
 Than in the greateſt Mounts, Mens, Minds; who  
 (l) hate

*This vice, and humble are in higheſt ſtate.*  
 Whence can you better learne Chriſts leſſon now  
 Than in this Mount, where Humbleneſſe doth grow.  
 In great and ſmall, with other vertues bright,  
 Which grace theſe walls, and to the Iſle give light?  
 O let this Caſtle on a Rōcke Inure.

Our ſoules to (m) build on Chriſt, A Rocke moſt ſure:  
 A Caſtle, Fortreſſe, Bulworke, Hold and Towre  
 Above the reach of Foes, or humane powre.  
 And let this Mount, up which we daily clime,  
 Advance our thoughts to objects more ſublime;  
 Yea (n) Mount our ſoules, hearts, minds, to things above  
 The higheſt beavens, with the wings of love,  
 Faith, fervent prayers, ſighs, teares, Pſalmes of praiſe  
 Both day and night. Thus ſpending all our dayes  
 In (o) beav'n whiles here on earth wee breath, that ſo  
 Wee may from (p) hence to it in triumph goe.

What though the way be (q) narrow, grie, ſtepe,  
 Up which we cannot runne with eaſe, but creepe

(e) Prov 15. 33.  
 c. 18. 12. Phil.  
 2. 5. to 10. Col.  
 3. 11. 1 Pet. 3. 5.  
 Prov. 22. 4.  
 Zeph 2. 3.

(g) Mar. 11.  
 29. c. 21. 5. Phil.  
 2. 5. to 10.

(h) Mar. 5. 1, 3,  
 5, 7.

(i) Prov. 16. 18.  
 c. 29. 23. Iſa.  
 25. 11. c. 28. 1.  
 3. Dan. 4. 37.  
 26. to 30. Jam.  
 4. 6. Zeph. 2. 10.

(k) Iſa. 3. 5. 1  
 Tim 3. 6.

(l) Prov. 8. 13.

(m) Eph. 2. 20.  
 21, 22. Mat. 7.  
 24, 25. 1 Pet. 2.  
 4, 5. Pſal. 18.  
 1, 2.

(n) Col. 3. 1, 2.  
 3 Theſſ. 4. 16,  
 17, 18, 23. Col.  
 3. 16, 17.

(o) Phil. 3. 20.  
 Eph. 2. 6.

(p) Luk. 16. 22.

(q) Mar 7. 14  
 Luk. 13. 24.

# A Poeticall Description, &c.

(r) *Act. 14. 22.*

*Rev. 7. 14. I*

*Theff. 3. 4.*

(S) *Mat. 19. 29.*

*2 Cor. 4. 17.*

(t) *Pl. 16. 11.*

*Iſa. 51. 11.*

(u) *2 Cor. 4. 17.*

*2 Tim. 4. 8.*

(x) *1 Cor. 2. 9.*

(y) *Revel. 1. 5.*

*Heb. 9. 12. c.*

*10. 19.*

With paine and toyle, encountring (r) sundry foes,  
Great crosses, losses, and a world of woes;

The top once wonne, is pleasant; where the Gaine

A (s) Thousand-fold surmounts our losse and paine,

There shall we ever dwell in (t) perfect joy;

Free from all dangers that may us annoy;

(u) Crowned with blisse and glory, which (x) transcend

Our largest thoughts, and never know an end.

Thither Christ bring us, whose most (y) sacred blood

Hath purchased Heaven, for our Endlesse good.

F J N J S.

# ROCKES IMPROVED,

COMPRISING  
CERTAINE POETICALL  
MEDITATIONS,

Extracted from the contem-  
plation of the Nature and Quality  
of ROCKES, a barren and harsh Soyle,  
yet a Fruirfull, and Delightfull sub-  
iect of Meditation.

---

By VVILLIAM PRYNNE, late Exile, and close Pri-  
soner in *Mount-Orgueil* Castle in the Isle of Ierisy.

---

Psal. 124. 31. 46. 2 Sam. 22. 2. 3. 32.

*The Lord is my Rocke and my Fortresse, and my deliverer, my God,  
my strength in whom I will trust, my buckler, and the horne of my  
Salvation, and my high Towre; my Saviour, thou savest mee from  
violence. Who is a Rocke save our God? The Lord liveth, and  
blessed be my Rocke, and let the God of my Salvation be exalted.*

Psal. 40. 1, 2, 3.

*I waited patiently for the Lord, and hee inclined unto mee, and heard  
my cry: He brought mee also out of an horrible pit, out of the miry  
clay, and set my feet upon a Rocke, and established my goings, &c.*

---

London, Printed by T. Coles for Michael Sparke, dwelling at  
the blue Bible in Greene Arbor. 1641.

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LOCK 32

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TO THE RIGHT WOR-  
shipfull his most highly honoured,  
speciall kind Friend, the truly vertuous,  
and religious Lady, Anne Carterer,  
wife to Sir Philip Carteret Knight:  
Lieutenant Governour, and  
Bayliffe of the Isle of Jersey.

**M** Adame, Vouchsafe to owne and patronize  
These Meditations, which did first arise  
Within those walls, which your bright vertues  
grace,

And fitted were for that (\*) high rockie place  
The Poem's like the Subject, barren, ynde,  
Uncompt, yet wholesome to an heart renew'd:  
Your kind acceptance will it crowne, and raise  
Above its worth, and be the Poets Bayes:  
Who for your Noble Favours whilst that bee  
Remain'd close Prisoner, Exile in Jersey  
Sequestred from all friends access, shall rest  
Whiles any sparkes of life stay in his Brest

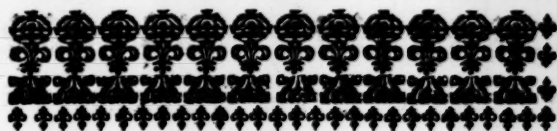
(\*) Mount Or-  
gueil.

Your Ladiships most obliged, most  
devoted friend and servant

WILLIAM PRYNNE.







# ROCKES IMPROVED.

Comprising certaine Poeticall  
Meditations, extracted from the con-  
templation of the Nature and Qualities of

*Rockes; a Barren and Harsh Soyle, yet a  
Fruitfull and Delightfull Subject of  
Meditation.*

## THE PROEME.



W Hen from 'thes lofty \* Cattle I  
espie

The ragged Rocks, which round  
about it lye;

My Working thoughts begin  
from thence to raise

Some (a) *Meditations*, to their  
Makers Praise,

And mine own Profit: which my heart may warm,  
Yea mount to Heaven, and vaine fancies charm.

B

Me-

\* Mount-Or-  
guil.

(a) Pfa. 77. 12.  
Psal. 119. 14.  
Pfa. 143. 5. Pfa.  
104. 34.



## Meditations of the first Ranke, Pa- rallelling Christ and Rocks to- gether.

(b) 1 Cor. 10.  
4. Psal. 18. 2. 31.  
46. Pf. 28. 1 Pf.  
31. 3. Psa. 42. 4.  
Pf. 62. 2. 7. Psal.  
71. 3. Pf. 89. 26.  
Psal. 92. 15. Pf.  
94. 22. Psal. 95.  
1. Deut. 32. 31.  
2 Sam. 22. 23.  
32. 47.  
(c) Psal. 148. 5.  
Ioh. 3. 3.  
(d) Ioh. 5. 17.  
18. Ioh. 8. 16.  
18. 19. 29. 50.  
41. 49. 54.  
(e) Ioh. 1. 14.  
c. 3. 16. Act. 13.  
33. Heb. 1. 5. c.  
5. 5.  
(f) Mat. 7. 24.  
25. Luk. 6. 47.  
48.  
(g) Isa. 28. 16.  
Mat. 16. 18. 1  
Per. 2. 3. 4. 5. 6.  
7. Psal. 118. 22.  
Act. 4. 11. 1 Co.  
3. 11. Ephes. 2.  
20. 21.  
(b) Mat. 7. 24.  
25. c. 16. 18.  
Rom. 8. 35. 10  
39. 2 Per. 1. 10.  
Psal. 125. 1. 2  
Cor. 4. 7. 8. 9.  
1 Cor. 10. 13.

**A** Nd first, the Rockes doe lively represent  
A complete Image, full of sweete content,  
Of Christ our Rocke; sith that both They and He  
In Name and Nature fitly doe agree.

Are they cal'd Rockes? So he in sacred Writ  
*A (b) Rocke is stil'd,* in these regards most fit.

### 1.

The Stony Rockes no other Father know  
But God *who made them*, from whose *(c) word they flow*  
So Christ (both God and Man) no Father knowes  
But *(d) God eternall*; from whose Loines he flowes  
By such a *(e) Generation* as exceeds  
*Mens shallow Thoughts*, and in them wonder breeds.

### 2.

Rockes are the *(f) firmeſt ground whereon to lay*,  
*And ſound ſuch buildings as ſhall not decay.*  
But laſt and ſtand in ſpite of Floods, Stormes, wind,  
Which may beate on them, yet no entrance finde,  
So *(g) Chriſt's the onely Rocke, the tryed ſtone*  
*On which the Church is built*: On Him alone  
Our Soules ſo ſafe, faſt, firmly, founded lye,  
That they ſhall ſtand for all eternity  
Unſhaken, undemoliſht, *mange all*  
*The (h) Stormes, Floods, Winds, that on them beat & fall*  
Though

Through Men or Devils Malice : Happie they  
Who on this firme Rocke, all their buildings lay.

3.

*Rockes yeeld the sweetest (i) Honey, Men to feede :  
The (k) sweetest honey comforts, Joyes proceede  
From Christ our Rock, Mens drooping souls to cheare  
And sweeten all sowre Crosses which they beare.*

(i) Psal. 81. 16.  
Deut. 32. 13.  
(k) 2 Cor. 1. 3.  
4, 5, 6. Psal. 77.  
21. Cant. 2. 9.  
Isa. 40. 1. c. 51.  
3. c. 61. 1, 2.

4.

All precious Stones, and Jewels Rocks doe breed:  
*All Gemmes and Pearles of Grace from (l) Christ proceed*  
The first, our Bodies decke, but for a space;  
The last, our (m) Souls, with an eternall Grace.  
The first, in Mans eyes are a lovely sight;  
The last in Gods eyes makes us shine most bright.  
O let us then, these Jewels onely prize,  
Which make us (n) comely in Gods sacred eyes.

(l) Ioh. 1. 16.  
Rev. 3. 18. Col.  
2. 2. 39.  
(m) Psal. 45. 9.  
13. 14. 1 Pet. 3.  
3. 4, 5. 1 Tim. 2.  
9. 10. Cant. c. 1.  
to 8.  
(n) Ezech. 16.  
8. to 15. Cant.  
2. 1. 2. c. 4. 1. 2.  
& c. c. 5. 1. to 8.  
(o) Deut. 8. 9.  
Iob. 28. 2.  
(p) Col. 2. 2. 3.  
9. Ioh. 1. 15. 16.  
Ephes. 3. 8. 18.  
19.

5.

The richest Mines of Silver, Gold, Tin, Lead,  
Brasse, Copper, in the wombes of (o) Rockes are bred:  
Whence not digg'd out with pains, they uselesse lie  
And none are better'd, or enricht thereby.  
Thus all the Mines, and Treasures of Gods Grace  
Are (p) hid in Christ, as in their proper place.  
Yet none doe happie, rich, or wealthy grow  
By these hidde Treasures, though they overflow;  
But those who take much (q) paines to dig them thence  
With Prayers, Teares, Faith, Hope, and Patience.  
O let us then be ever drawing Oare  
Out of our Rock Christ, in whom there's such store

(q) Prov. 2. 3,  
4, 5. Mat. 13. 44,  
45. 46. Rev. 3  
18. c. 22. 17.  
Ioh. 1. 15. 16.  
Mat. 7. 7. 8. c.  
21. 22. Iam. 5.  
7. 8. Rom. 8. 24.  
25.

(r) Rev. 3. 18.  
c. 22. 17. If. 55.  
1. 2. 3. Ioh. 7. 37.

Of richest golden Mines, that all (r) who will  
May there their Soules, and Bagges for ever fill.

## 6.

(s) Deut. 8. 15.

Pfal. 105. 41.

Psa. 114. 8. Isa.

48. 21. Pf. 104.

10. 11. 12. 13.

(t) Ioh. 19. 34.

1. Ioh. 5. 6. 8. c.

1. 7. Rev. 1. 5.

Heb. 9. 14. Eph.

5. 26. 1 Cor. 6.

11. Eph. 1. 5. 2.

13. Heb. 10. 19.

c. 13. 12. 20. 1

Per. 1. 19.

(v) Exod. 17.

5. 6. Num. 20.

10. Deut. 8. 15.

Neh. 9. 15. Psal.

78. 16. 20. Pf.

105. 41. Psal.

114. 8. Isa. 48.

21.

(w) 1 Cor. 10.

4.

(y) Ioh. 19. 34.

1 Ioh. 5. 6. 8.

1 Ioh. 1. 7. Rev.

1. 5. c. 22. 17.

Ioh. 7. 37. Eph.

5. 26. Iay 55.

1. 2.

(z) 1 Cor. 10.

4. Gal. 3. 1.

(a) 1 Cor. 10. 4.

The purest, best, and pleasantest waters spring  
Out of (s) Rocks sides; which sweete refreshment bring  
To Man and Beast, whose Thirst they quench and stay,  
Their bodies bathe, and wash their filth away.

Thus from our Rocke Christ, and his pierced side,  
Such pearelesse Streames of (t) Blood and Water glide,  
(To save, bathe, cleanse, refresh all broken Hearts,  
And quench hell flames, with Sathans, fiery Darts:)

As farre surpass the purest Streames that flow,  
From all the Rockes, or Fountaines here below.

And now (me thinks) (v) the Rock in wilderness  
Whence streames of waters gushed to redresse,

And quench the Peoples Thirst, when Moses Rod  
It smote, and pierced by command from God.

(Yea every Rock whence Crisall waters spring)

A lively (z) Picture was, and is to bring

Our Rocke Christ to our Mindes, and to present

Him to our eyes, and Hearts with great content:

From whose pierc'd Hands and side with Nayles  
and Speare,

Whole (y) Streames of precious Blood, and waters cleare

Did sweetely flow, Gods wrath to quench, allay,

His peoples Thirst, and wash their sinnes away.

We neede not then a Crucifixe, to bring

Christ to our Mindes, with every Rocke and Spring

That flowes from thence, doth in more (r) lively

Present Christ and his Passion to our Eyes; (wise

Let Papists then behold their painted stickes;

Each Rocke to me shall be a Crucifixe,

As (a) God hath made it: and shall teach me more,

Than all the Pictures of the Roman Whore;

Which

Which are meere (b) *Idoll, beathenish vanities,*  
And (c) *teach nought else, but Errors, Sinnes, and Lies.*

7.

*Rockes yeld a pleasant (d) shade against the Heate,*  
*The scorching Sun and Storms that on Men beate;*  
*Which sweete Refreshment to the weary brings,*  
*And cooles them more than any limpid Springs.*  
*Christ our Rocke is a sweete refreshing (e) shade*  
*Against all Heates that scorch, all sinnes that lade*  
*His Saints; whose weary Sinne-burnt Soules can gaine*  
*No (f) rest but in his shade, which ends their paine;*  
*Yea fills them with such (g) Peace, Ioy, Chearefulness,*  
*That they an Heaven here on Earth possesse.*  
*O let us still abide in this blest shade,*  
*Where-with our soules are eas'd, and happy made.*

8.

*The Holes and Clifts in Rockes to which Men (h) flye*  
*In times of Danger, for Security;*  
*Paint out the Holes, Clifts, wounds in Christs pierc'd*

(i) *side*

*Feete, Hands, wherein our Soules may safely hide*  
*Themselves against all stormes that Devils, Hell,*  
*World, flesh, or Sinne can raise up, them to quell.*  
*O let us to these blessed Holes, Clifts flye*  
*For Shelter, and in them both live and dye.*  
*Yea let each Hole and Clift which we espie*  
*In Rocks, present Christs wounds, Holes, to our Eye,*  
*And so imprint them in our Hearts and Minde,*  
*That they may still sweete Solace in them finde.*

(b) Psal. 135.  
15. 16. 17. 18.  
(c) Jer. 10. 8.  
9. Hab. 2. 18.  
Zech. 10. 2.  
Isay 41. 29.  
(d) Isay 32. 2.  
Joh 4. 5. 6. Job  
7. 2.

(e) Isay 25. 4.  
5. c 4. 6. Cant.  
2. 3. Psal. 17. 8.  
Pl. 36. 7. Pl. 57.  
1. Psal. 91. 1.  
Hosca. 14. 7.  
(f) Mat. 11.  
28. 29. 2 Thess.  
1. 7.

(g) Isa. 33. 2. 10.  
Rom. 14. 17. c.  
15. 13. Gal. 5.  
22. 1 Pet. 1. 8.

(h) 1 Sam. 13.  
6. c. 23. 3. 4.  
Judg. 20. 45.  
47. Isa. 2. 10.  
19. 21 c. 7. 19.  
c. 57. 5. Jer.  
16. 16. Rev. 6.  
15. 16. Jer. 13.  
4.

(i) Joh. 19. 34.  
Isa. 15. 4. 5. Pl.  
27. 5. Pl. 143. 9.  
Cant. 2. 14.

(k) Mat. 7. 25.  
26. Joh 6. 12.  
c. 19. 24.

(l) Heb. 13. 8.  
Pl. 102. 12. 26.  
27. Mal. 3. 6.  
Jam. 1. 17. Rev.  
1. 8. 17. 18.  
Heb. 1. 11. 12.

(m) Psal. 102.  
12. 25. 26. Heb.  
1. 11. 12. Isa. 2.  
22. c. 26. 14. c.  
40. 6. 7. Dan. 4.  
and 5. and 10.  
& 11. & 12. 2  
Chron. 36.

(n) Heb. 13. 8.  
(o) Rom. 6. 9.  
10. Rev. 1. 8.  
17. 18.

(p) Psal. 73. 25.  
Pl. 119. 57.

(q) Psal. 27. 10.  
Eph. 1. 23. Col.  
3. 11. 1. Cor. 15.  
28. Psal. 90. 1.

(r) Num. 24.  
21. Judg. 15. 8.

c. 20. 45. 47. 1  
Sam. 23. 25. Pl.  
94. 22. 1 Sam.  
13. 6. c. 24. 2.

Isa. 2. 10. 19. 21  
c. 17. 19. c. 33.  
16. Jer. 4. 29.  
c. 16. 16. c. 48.

28. c. 49. 16. c.  
51. 25. Obed. 3.  
4. Rev. 6. 15.  
16.

(s) Psal. 18. 2.  
31. 48. Pl. 31. 3.  
Psa. 6. 12. Pl. 94.  
24. Deut. 32. 4.

9.

Rockes seldome (k) weare or waste, but last and know  
No changes, while Things, Seas still ebbe, and flow  
About them. So our Rocke *Christ* lasts for aye  
Without all Change, both (l) yesterday, to day,  
And still the same for all eternitie,  
When all things else decay, waxe, old and dye.  
Friends, Parents, Kindred, Goods, Lands, Cities, States,  
Kings, Kingdomes, yea the world, have (m) all their Fates,  
Falls, Changes, Periods; and doe passe away;  
Whiles Christ our Rocke stands firme at the  
(n) same stay.

No change, age (o) death can on him seaze, or lye,  
He still continues in the selfe-same plight,  
O let us then make Him our onely (p) stay,  
Friend, Treasure, Portion, who thus lasts for aye,  
Then when all Friends, Helpes, Stayes, Hopes  
else faile, He

Alone (q) more than all these to us will be.  
Oh prize Him most who doth all else excell,  
And still remains when they bid us farewell.

10.

Rockes are to Men the (r) strongest, safest Fence,  
Fort, Refuge in all Dangers: and from hence  
Most Castles, Townes, Forts on them setted ar,  
Which guard whole Kingdomes, both in Peace  
and war;

To these men in all places use to flye  
For ayde and shelter in extremitie,  
And is not Christ our Rocke, the strongest Mound,  
The safest (s) refuge of his Saints? who found

Their



Their Forts, strength, safty upon Him, and flye  
 To him alone in all their *Miserie*?  
 Where they in *safte* live, and dare desie  
 Both Men and Devils with securitie.  
 O let us then on Him alone repose  
 Our Soules, who will (1) protect them from all foes.

11.

*Doves, Eagles, Conies, Fish* in (v) *Rockes* doe breed,  
*Build, dwell and hide themselves*: *Christs* chosen seede  
 In (x) *Him* alone breed, build, dwell, live, and hide  
 From all such *Perills* as shall them betide.  
 Let this their wisdome teach all others grace  
 In this Rock *Christ*, their Strength, Nests, Homes to  
 place.

12.

*Rockes* have no outward (y) forme nor comelineffe  
 To make them lovely. (z) *Scripture* is expresse  
 That *Christ* our *Rocke* had none, whence most (a) despise  
 Him whiles they view Him but with carnall Eyes.  
 And yet as *Rockes*, though ragged, vile and bare  
 In outward forme, containe within them rare  
 And precious Jewels, Stones, Mines, of all Kinds;  
 So though our *Rocke*, *Christ*, unto carnall Minds  
 In outward shew seemes base; yet in Him lye  
 The (b) richest *Treasures*, *Mines*, *Gems*, hid from eye:  
 O judge not then by (c) outside, since corse skinn  
 And rags oft times have *Treasures*, *Pearles* (d) within,  
 Whiles gilded Outfides (like a (e) painted Grave)  
 Nought else but *Dust*, *Drosse*, *Dung*, within them have.

Rockes

(1) 1 Pet. 4. 19.  
 2 Tim. 4. 18.  
 Ioh. 10. 28. 29.  
 (v) Cant. 2.  
 14. Pro. 30. 26.  
 Numb. 24. 21.  
 Job 39. 28. 29.  
 Psal. 104. 18.  
 Jer. 48. 28.  
 (x) Joh. 15.  
 1. to 8. Cant. 3.  
 14. Isay. 25. 4.  
 Ps. 32. 7. Ps. 119.  
 119. Isa. 32. 2.  
 (y) Isa. 2. 21.  
 Ezech. 26. 4.  
 (z) Isa. 53. 2. 3.  
 Pla. 22. 14. 15.  
 16. 17. Isa. 52.  
 14.  
 (a) Isa. 53. 3.  
 Mark. 9. 12. Ps.  
 118. 22. Mat.  
 21. 42. Act. 4.  
 11. Joh. 1. 10.  
 11.  
 (b) Ephes. 3. 8.  
 Col. 1. 16. 17.  
 18. c. 2. 9. 10.  
 Eph. 1. 23. Ioh.  
 1. 16.  
 (c) 1 Sam. 16. 7.  
 (d) Jam. 2. 5.  
 Psal. 45. 13. 1.  
 Pet. 3. 4. Rom.  
 2. 28. 29.  
 (e) Mat. 23. 27.  
 28.



13.

(f) Mar. 16. 18.  
c. 28. 20. Ioh.  
10. 28. 29.  
Rom. 8. 35. 10  
39. Psal. 121. 1.  
to 8. Psal. 125.  
1. 2. 3.

Rokes fence the Land against the raging Seas,  
Which else would swallow it with speed, and ease.  
So (f) *Christ* defends his *Church* and feeble *Sheepe*,  
*Gainst* *Devills*, *Tyrants*, *Wolves*; who else would sweep  
*Them* cleane away, and speedily devoure,  
*If* not protected by his *Mighty Power*.  
O give Him then the praise of this sweete Grace  
Who thus preserves us safe in every place.

14.

(g) Jer. 16. 19.  
Psal. 18. 1. 2.  
Psal. 9. 9. Psal.  
46. 1. 2. 3. Psal.  
62. 7. 8. Isa. 25.  
4. Heb. 6. 18.  
Psal. 60. 11

Rokes oft times Harbours make for Ships to ride  
In safty both from Pirats, Stormes, winds, Tide.  
So *Christ* our Roke, an (g) *Harbour* is to all,  
*Who* flye to Him, and for helpe on him call  
*In* all their *Troubles*, where they may repose  
Themselves in *safty*, maugre Stormes, or Foes.

15.

(h) Judg. 15. 8.  
c. 20. 45. 1 Sam.  
13. 6. c. 23.  
25. c. 24. 2. Isa.  
2. 10. 19. 21.  
(i) Mat. 28. 20.  
Pl. 34. 18. Psal.  
145. 18. Rom.  
10. 6. 7. 8. Act.  
10. 35. Psal. 18.  
1. 2.

Rokes through the world neare hand disperfed lie  
*For* *Men* to (h) flye too, in extremitie.  
*Christ* in (i) all places is still neare at hand,  
*A Roke* to shield, and guard his chosen *Bund*,  
*In* all their *Dangers*, and perplexities,  
Thrice happy he who in him fenced lies.

16.

*God* well accepted in most gratefull wife,  
And by some wonder grac'd the Sacrifice

Which

*Which holy Men upon bare (k) Rockes did lay,  
And offer to him; not on Altars gay:  
Thus God those Praises, Almes, Teares, Prayers, Cries,  
(A Christians best and onely (l) Sacrifice)  
Doth most regard, and them alone approve  
Which laid on (m) Christ our Rocke, doe from Him move,  
And mount to Heaven (n) sweetned with the fume  
Of his rich Odors, which their stincke consume.*

17.

*Altars of old were built on (o) Rockes; to shew  
That we no (p) Altar else but Christ should know;  
And that all Altars, Offerings must proceede  
From Him, or else theyle stand us in no steede.  
Those Altars then are built but on the (q) Sand,  
And sure to fall, which on Christ doe not stand;  
As none doe now, fith (r) Christs death overthrow  
All Altars but Himselfe, both old and new.*

18.

*No lasie, fearefull Persons can ascend  
Steepe Craggie (s) Rockes, but onely those who bend  
Their Mindes, Force, Might thereto, who hardly get  
Vpon them but with earnest paine and sweat,  
Nay falls, oft-times, and Bruises: so all those  
Who (t) sloathfull are, with Christ can never close:  
A Rock so Narrow, craggie, steep, Sublime (Climbe,  
That, none, with Ease, with Paines, (v) few can Him  
Meeting with (x) many Rubbes, Falls, Bruises, ere  
They climbe upon Him, and a building reare.  
O then let all who thinke this Rocke to mount  
Of Paines, Sweat, Falls, Rubs, crosses, make (y) account.*

C

And

(k) Judg. 6. 20.  
21. c. 13. 19.  
20.  
(l) Psal. 51. 17.  
Heb. 13. 15. 1  
Pet. 2. 5. Phil.  
2. 17. c. 4. 8. Pl.  
107. 22. Rom.  
12. 1.  
(m) Heb. 13. 15.  
Col. 3. 17. Joh.  
13. 13. 14. 16.  
24. 26.  
(n) Rev. 5. 8. c.  
8. 34.  
(o) Judg. 6. 26.  
c. 13. 19. 20.  
(p) Heb. 13. 10  
Rev. 16. 9. c. 8.  
3. c. 9. 13.  
(q) Mat. 7. 26.  
27. Luk. 6. 47.  
(r) Heb. 7. 12.  
13. 14. 10. 28. c.  
8. & 9. & 10. c.  
13. 10. 13. 1 Cor  
9. 13. 14. c. 10.  
16. 10. 22. c. 11.  
24. 10. 37. Col  
2. 10. 10. 22.  
(s) Amos. 5. 12.  
1 Sam. 14. 4. 13  
Jer. 4. 29.  
(t) Mat. 25. 26.  
Rom. 12. 11.  
Heb. 6. 12. Pro.  
21. 25.  
(v) Mat. 7. 13.  
14. Luk. 13. 24.  
(x) Joh. 16. 33.  
Act. 14. 22. 1  
Thec. 3. 4.  
(y) Luk. 14. 28.  
10. 34.  
(z) Deut. 5. 5.  
Luk. 12. 24.

(?) Deut. 6. 5.  
Luk. 13. 24.

(o) Mar. 24.

42. c. 26. 41.

Mar. 13. 37.

Luk. 21. 36.

(b) Rom. 13.

14. Luk. 22. 46.

1 Thes. 5. 6. 7.

Eph. 5. 14.

(e) 2 Thes. 5.

17. Eph. 6. 18.

Rom. 12. 12.

Act. 6. 4. Luk.

21. 36.

(d) Pl 4o. 2. Pl.

61. 2.

(e) Mar. 4. 13.

15. 18. c. 8. 24.

26. 27. c. 13. 1.

c. 14. 24. 25. 26.

c. 15. 29. Mar. 2.

13. c. 3. 7. c. 4. 1.

c. 5. 1. 21. c. 7.

3. Luk. 6. 17.

c. 21. 15. Joh. 6.

1. 16. 18. c. 21.

1.

(f) Mar. 8. 27.

Mar. 4. 41. Luk.

8. 25. Mat. 14.

33.

(g) Mar. 14. 25.

26. Mar. 6. 43.

49. Joh. 6. 19.

(b) Judg. 15. 8.

c. 20. 45. 1 Sam.

13. 6. c. 24. 2.

c. 23. 25. 26.

Isa. 2. 10. 19. 21.

c. 7. 19. Jer. 4.

29.

And then addresse themselves *with* (?) *all their might*  
*Unto this worke*, which will their paines requite.

19.

Rockes are too Hard, on which to sleepe secure:  
And they *must* (a) *watch*, not sleepe whom *Christ* keeps  
sure.

Those who intend on this Rocke safe to lye,  
Must (b) *Shake off sleepe*, with all security:  
*Watching* and (c) *praying* *alwayes* night and day,  
Lest world, flesh, Devill them surprize and slay.

20.

Rockes in, or neere the Seas, and waters are;  
And doe their heads, most part (d) *above them* beare:  
So *Christ*, our Rocke, on earth did oft reside  
Neare to the Sea; yea, on it, walke and ride:  
*Lifting his Head* above the proudest Sea,  
And calming all their raging waves with ease:  
To shew that He was (e) *Suprem Lord* of all  
The world, when Seas and floods before Him fall;  
Yea, prove a footstool for his feet to tread,  
And (f) *walke upon* in safety, without dread.  
All other Rockes in waters sincke, *Christ* Sailes,  
Swimmes, walkes upon, and over them prevails.

21.

Most, ragged Rockes contemne, neglect, forsake,  
Untill some (h) *Dangers* force them to betake  
Themselves unto them for securitie,  
And then they prayse, and highly magnifie

Those

# Rockes Improved.

II

Those Rockes they he'd before in such disgrace,  
As the most strong, sweete, best, and safest place:  
So, most this Rocke Christ quite (<sup>i</sup>) neglect, despise,  
Desert, abandon till (<sup>k</sup>) extremities  
Enforce them to Him, to protect and free.  
Them from the Evills which they feare and flee.  
And then no place so sweete, safe, delicate  
As this our Rocke before left desolate.  
But yet as those who unto Rockes doe flye,  
Not out of love, but meere necessity,  
(<sup>l</sup>) Forsake them quite, when as their Dangers end;  
So, such whom Feares, or Perills force, and send  
(Not sincere love) to Christ our Rocke, (<sup>l</sup>) away  
Depart from Him, and will no longer stay,  
When as their Dangers, Troubles, Feares are gone,  
And most unkindly leave Him all alone.  
Hence may all Popelings Learne, that Multiude,  
Christs, or his Churches truth doth (<sup>m</sup>) ill conclude.

22.

Rockes humble are, and never upwards tend,  
Mount, swell, but (<sup>n</sup>) downe their Heads and Motions  
bend.

So Christ our Rocke, did (<sup>o</sup>) humble and abase  
Himselfe, but never sought high state or Place,  
Moving from Heaven downe to Earth below,  
To quench all Pride, and make men humble grow.  
Who then dares swell with Pride, or Haughtinesse  
When Christ, Himselfe did thus so low depresse;  
Though (<sup>p</sup>) King of Kings, and Lord of Lords, most  
High,  
Nay second Person in the Deity?

C 2

High

(i) Isa. 55. 3.  
Psal. 118. 22.  
A8. 4. 11. Mar.  
9. 12. Joh. 1. 10  
11.  
(k) Mar. 11. 28.  
29. 2 Chron.  
33. 12. Hof. 5.  
15. Psa. 78. 34.  
35. 36. Isa. 55.  
2. 2. Zeph. 3.  
12. 1 Tim. 5. 5.  
(l) Psa. 78. 34.  
35. 36. 37. Jer.  
3. 10. Exod. 8.  
& 9. & 10. Judg  
2. 17. 18. 19. c.  
3. 10. to 16. c.  
4. 1. to 6. c. 6.  
1. to 11.  
(m) Mat. 7. 12.  
13. 14. c. 20.  
16. c. 22. 24.  
Luk. 13. 23.  
24. 1 Pet. 20.  
21. Rev. 3. 4.  
1 King. 22. 6.  
to 29.  
(n) Exod. 15.  
5. Nah. 1. 6.  
(o) Mat. 11. 29  
Phil. 2. 5. 6. 7.  
8. Joh. 6. 15.  
16. Eph. 4. 9.  
Heb. 2. 7. 9.  
Zech. 9. 9.  
(p) Phil. 2. 5. 6.  
7. 8. 1. Tim. 6.  
15. Rev. 17. 14.  
c. 19. 6. Deut.  
10. 17.

23.

(q) Num. 23.9.  
Iob. 39. 28. 29.

High Rocks a pleasant (q) Prospect yeeld, whence Men  
Sea, Land, nay Heaven may the better Ken.

And with delight see farther, and farre more  
Than they on lower ground beheld before.

Thus men high mounted on our Rock, Christ, view  
From thence, with most delight, such (r) pleasam,

new

And glorious Sights of God, and things above

As rap their soules, and make them sicke of Love.

Thence they behold all Earthly things below  
With other Eyes, and both discern and know

Them to be vile, base (s) Drosse, meere vanity;

And very small when view'd thus from on high.

(r) 2 Cor. 5. 16.  
17. 18. 1 Cor.  
2. 7. to 16. Ast.  
26. 18. 2 Cor.  
5. 18. Col. 3. 1.  
2. 3. Phil. 3. 7.  
8. 9. 20. Eph. 3.  
8. 9. 20. Eph.  
3. 8. 9. 10.  
(s) Ecclef. 1. 2.  
14. 1. Ioh. 2.  
15. 16. 17. Phil.  
3. 7. 8. 9. Prov.  
23. 4. 5.

24.

(t) Pro. 30. 19.

When (t) Serpents upon Rockes doe creepe or glide  
They leave no track, way, steps, that can be spide.

When that old Serpent Satan crept upon  
Our Rocke Christ, with his strong Temptation,  
He (v) nought prevailed, and no print, step, trace,  
Of him or his Assaults on Him tooke place.

(v) Mat. 4. 1.  
10. 10. Lu. 4. 1.  
10. 10. Ioh. 14.  
30. Heb. 4. 15.

25.

When Christ our Rocke for forty dayes and nights  
Had fasted, then the Devill Him incites

To (x) turne stones into Bread, Himselfe to feede;

Which He denide, though then he bread did neede:

Yet of his tender Mercy to Mankinde,  
And their poore soules, which are with hunger  
pinde,

(x) Mat. 4. 2. 3.  
4. Luk. 4. 2. 3.  
4.

He

He dayly turnes a *Rocke (Himselfe)* to *(1) Bread*  
*Of life, wherewith their hungry Soules are fed.*

Yea, rather than his chosen, Bread shall neede,  
 The Rockes and Stones their Soules shall fat and  
 feede,

Nay feast with those *sweete wafers*, which their  
 Minde,

By *(1) Meditations* doth *within* them finde.

Let then our Hearts be right, we neede not feare

*A (a) want of Bread, Food, ibem to feede, feast, cheare,*  
 Since every Rocke and Ston's a Magazine  
 To feede, store, feast them still with Bread Divine.

*(1) Joh. 6. 32.  
 10. 64.*

*(1) Psal. 77. 12.  
 Pl. 143. 5.*

*(a) Psal. 34. 9.  
 10. Psal. 37. 25.  
 1 King. 17. 6. 7:  
 11: 12- 13:*

26.

When God himselfe of his abundant Grace  
*Shew'd forth his glorious Presence, and blest Face*  
*To Moses and Elias, he ibem plac'd*

In *(b) Clifts or Caves of Rockes*, and there them grac'd  
 With this grand Honour, Him to view. When we

Gods sweetest *(c) Face and Presence* long to see,

Our Soules to ravish; we must stand, and hide

Within the Clifts of our Rock, Christs peirc'd side

*(Which these Rockes doe but (d) figure,)* the sole place

Wherein we may with Comfort view Gods face.

O let our Soules in these Clifts dwell and stay,

Where God his *(e) Face and presence* doth display,

In such sweete manner, and such lively sort,

As will our Soules with Love and Joy transport.

*(b) Exod. 33.  
 21. 22. 23. 1  
 King. 19. 9. 10  
 16.*

*(c) Mat. 3. 17.  
 Joh. 1. 18. c. 6.  
 46. c. 14. 7. 9.*

*(d) 1 Cor. 10.  
 4.*

*(e) Joh. 14. 7.  
 9. 2 Cor. 5. 19.  
 20.*

27.

Rough ragged *Rockes and Stones*, cause Men to *(f) fall*

And stumble on them; yea, oft times withall,

Themselves to bruise, maim, breake, and hurt so sore,

That they expire therewith, and rise no more;

*(f) Isa. 8. 14. 15  
 Luk. 2. 34. Ro.  
 9. 33. 1 Pet. 2.  
 8. 2 Chron. 25  
 12. Zech. 12. 3  
 Psal. 143. 6.*

C 3

Thus



(g) Isa. 8. 14.  
15. Luk. 2. 34  
Rom. 9. 33. 1  
Pet. 2. 8.

( ) Luk. 3. 34.  
Mat. 21. 44.

Thus *Christ* becomes to many a wicked one  
*A (g) Rocks offensive, and a stumbling stone*  
*Who on Him stumble, slip, and headlong fall,*  
*And dash themselves in pieces therewithall.*  
O then beware how we against Him hit  
Spurne, stumble, who to ( ) shivers will us split.

28.

(h) Deut. 32.  
13. Job. 29. 6.

(i) Ezech. 11.  
19. c. 36. 26.

(k) Mar. 11. 28  
Psal. 41. 4. Mal.  
4. 2. Rev. 22. 2.

Some (h) *Rocks of flint yeeld softest oyle, to swage,*  
And supple hardest swellings, when they rage.  
Heale wounds, and Ulcers; supplest Oyles of *Grace,*  
Which (i) *soften hard Hearts in a little space;*  
(k) *Assuage our Paine, our Aches, wounds, sores cure,*  
*Procede from Christ, a Rocke most firme and sure.*  
Lord give us store of this soft Oyle, that we  
Our Hearts make soft, our wounds quite heal'd  
may see.

29.

(l) Isa. 2. 7.

(m) Ephes. 3. 8.  
10. 19. 20. 1  
Cor. 2. 9. Col.  
2. 3. 9. c. 1. 19.

(n) Eph. 3. 18.  
19. Psal. 62. 2.  
6. 7. Psal. 73.  
25.

The Mines and *Treasures which in Rocks hid lie,*  
(l) *Exceede Mans search and full discovery.*  
The Sacred hidden *Treasures which doe dwell*  
In *Christ* our *Rocke,* are so (m) *unsearchable;*  
Vast, boundlesse, endlesse, that they farre exceede  
*Saints largest thoughts and in them wonder breede.*  
O let us still contemplate more and more (store.  
The (n) *height, depth, length, breadth, of this searchlesse*  
*To fill our Soules with sweetest joyes, and make*  
Them for the Love of these, all else forsake.

30.

(o) Job 6. 12.  
Jer. 23. 29.

*Rocks* are most Patient and doe not (o) *complain*  
*Cry, stir, though Tempests, Seas, Winds, Axes, Rain,*  
*Nay Sledges beat upon them, and them bruise,*  
*Break, hew, cleave, pierce, cut, lance, & much misuse.*

So



So Christ our Rocke, endured (p) patiently,  
His Crosse, wrongs, sufferings, Death without all cry,  
Complaints, resistance; like a Sheepe before  
Her shearer, which doth never bleate, stir, roare.  
O let all Christians now at last from (q) hence  
Learne to beare crosses with like Patience.

31.

The (r) Floods, windes, stormes against the Rockes oft  
beate;

They still exposed are to Cold, or Heate :  
Sometimes the Seas surround & drown them quite  
And oft the yce and snow them hide from sight:  
So Christ on earth (s) assaulted was with windes;  
Floodes, Tempests, Heate, Cold, Crosses of all Kinds,  
Which for a time did hide, immerge, at last,  
Quite over-whelme Him, till the Storme was past.  
What Christian then can thinke himselfe (t) secure  
From Stormes, Winds, Floods, sith Christ did them  
endure?

32.

When Christ gave up the Ghost, the (v) Rockes did rent,  
The Death of this cheefe Rocke for to lament:  
Yea, to beare witnesse of his Deity,  
Who though he dy'd, made (x) Rockes in pieces flye.  
That Heart is harder, worse than Rock or Stone,  
Which Christs Death cannot rent, nor cause to  
moane.

Yea every (y) Rockie Heart must melt, rent, fall  
In pieces, when Christ shall it shake, smite, call  
By his Almighty Hand, or voyce; which make  
The hardest (z) Rockes and Hearts to melt, split, shake.

Lord

(p) Isa. 53. 7.  
Mat. 26. 63. c.  
27. 12. Ad. 8.  
32. 1 Pet. 2.  
23. Heb. 12. 2.  
Rev. 19.  
(q) 1 Pet. 2. 19.  
10. 25. Rev. 12.  
12. Rom. 13.  
10. Jam. 1. 3. 4.  
(r) Mar. 7. 25.  
Luk. 6. 47. 48.  
(s) 1 Pet. 2.  
22. 23. Heb. 2.  
9. 10. 18. c. 4.  
15. c. 12. 2.  
Matth. 4. 2. to  
10. c. 27. and  
18. Mar. 15. &  
16. Luk. 23. &  
14. Ad. 2. 23. to  
37. c. 3. 13. to  
10. 22. c. 4. 26.  
27. 28.  
(t) Joh. 15. 20.  
Mat. 10. 22. 23.  
24. 25.

(v) Mar. 27. 51  
(x) 1 King. 19  
11. Nah. 1. 6.  
(y) Ezech. 22.  
14. c. 36. 26.  
c. 11. 19. Luk.  
24. 32. Isa. 13.  
7. Ezech. 21.  
7. Jer. 23. 29.  
(z) 1 King. 19.  
11. Josh. 2. 11.  
Amos. 9. 13.  
Nah. 1. 5. 6.

Lord let the Thoughts of thy Death quite relent  
Our Rockie Hearts, and move them to repent.

33.

(a) Job. 6. 12.  
c. 14. 24.

(b) Aſa. 2. 24.  
31. c. 13. 34.

35. 36. 37. Pſal.  
16. 10.

(c) 1 Cor. 15.  
42. 43. 52. 53.

54. 55. 56. Phi.  
3. 21.

(d) Rom. 6. 9.  
10. 1 Cor. 15.

42. 43. 52. to  
57.

(e) Joh. 13. 2.  
Phil. 3. 21.

Mat. 13. 43.  
Dan. 12. 3.

Rocks (a) ſeldome rot, corrupt, or poſtſiſe:

(b) Chriſt rotted not, whiſt he in Grave did lye;

That ſo he might our rotten Corps thence (c) raiſe  
Free from corruption, Him for aye to prayſe.

O feare not then, though we returne to duſt,

Chriſt at the laſt (d) will ſcoure off all our Ruſt,

Droſſe, and Corruption; and our Corps reſtore

To ſuch a State, that it ſhall dye no more;

But live in endleſſe Glory, and excell

The (e) ſhining Rayes, which in Starres, Moone, Sunne,  
dwell.

34.

Rocks though they drowned be, appeare againe,  
And fixed in their Places ſtill remaine:

So Chriſt, though Dead, and layd in Grave, aroſe

Againſt the (f) third day, yea to Heav'n up goes,

Above the reach of Floodes; where he on high

Hath ſixt his Throne for all (g) Eternity.

Here ſhall this ever-living raiſed Rocke

For ever (h) reigne amidſt his choſen Flocke.

35.

(i) Mar. 15. 46.  
47. Mar. 27.

6c. Luk. 23.  
53.

(k) Gen. 3. 19.  
Eccleſ. 3. 10.

(l) Iſa. 53. 3.  
14 c. 4. 11.

Our Rocke Chriſt being dead entomb'd lay

Within a (i) Rocke; where He grim death did ſlay.

We, Duſt and Earth, when dead, to (k) them returne:

But our dead Rocke, a Rocke bad for his Urne,

Which Him receiv'd, and harbor'd even when,

He Slaine, and quite (l) reſected was by Men.

O

O Rockes of Fleſh, and Bowels, which firſt<sup>(m)</sup> rent  
*Themſelves*, His bloody Paſſion to Lament !  
 And then Him in their Boſomes lodge, and plac'd,  
 When men Him flew, forſook, and moſt diſgrac'd!  
 O men *(more<sup>(n)</sup> hard than any Rocke, Flint, Stone,*  
 Who never, pittie, feele, regard, bemoane  
 Chriſts cruell Death and Paſſion; nor receive  
 Him, when the Rocks rent, and Him Houſe-roume  
 give!

O let us learne from hence, how hard, unkinde,  
 Ingrate we are to Him, who ſtill ſhall *(o)* finde  
*More pittie, harbor, love, from Rockes than we,*  
*Untill our Hearts by Grace relented be.*  
 And let this Thought our Hearts of Rocke now  
 thaw,  
 And Floods of bitter Teares out from them draw.

36.

In fine; when we conſider that *(p)* Chriſt lay  
*Imomb'd in a Rocke, yet the third day*  
*Rose up from thence* : it makes each Hole and Cave  
 We ſee in Rockes, no other but a Grave:  
 And points us out the *(q)* Place where we muſt be  
*Inter'd, ere long,* and fits us ſtill to *(r)* dye;  
 Which done, it then revives our ſoules againe  
 With this ſweet Thought, that we *(s)* ſhal not remaine  
*In Grave for ever; ſince our Saviour roſe*  
*From thence againe, to raiſe us, and all thoſe*  
*Who are his Members, from the Duſt, to (t) raigne*  
*In endleſſe Bliffe, where he doth now remaine.*  
 Let theſe ſweete Speculations ever cheare  
 Our drooping Soules, and baniſh all their Feare.

D

Thus

*(m)* Mat. 27.  
 51.

*(n)* Jer. 5. 3.  
 Ezech. 3. 5.

*(o)* Joh. 1. 10.  
 11. Mat. 8. 20.  
 Luk. 9. 58. Job  
 24. 7. 8.

*(p)* Mar. 15. 46.  
 47. c. 16. 1. 2.  
 5. Mat. 27. 60.  
 c. 28. 5. 6. Luk.  
 23. 53. c. 24. 6.  
 7. Joh. 19. 41.  
 42. c. 20. 1.  
 to 26.

*(q)* Job. 17. 1.  
 13. Pſal. 88. 3.  
 5.

*(r)* 2 Tim. 4. 6.  
 7. 8. 1 Cor. 15.  
 31.

*(s)* Pſal. 119. 9.  
 10. Aſ. 2. 32. c.  
 13. 32. 1 Cor.  
 15. 1 Theſ. 4.  
 14. to 18.

2 Cor. 4. 14.  
 Rom. 8. 11.

*(t)* Rev. 22. 5.